MAKE-AHEAD MEALS
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EatingWell

WHERE GOOD TASTE MEETS GOOD HEALTH

OCTOBER 2013

1 Bag of Groceries– 5 Fast Dinners

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43 QUICK & HEALTHY FALL RECIPES

5 Easy Ways to Get More Veggies
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Food Labels: What You *Don't* Know

FROM MILD TO SPICY—CHILES ARE THE MOST IRRESISTIBLE FOOD IN THE WORLD

RED-HOT & DELICIOUS

White Turkey Chili *p.104* + French Toast *p.57* + Spiced Apple Pudding *p.60*

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health highlights

EatingWell Magazine encourages its readers to live a healthy lifestyle and brings you the very latest information on health and wellness. Check out these stories in this issue.

23 **What Can Juicing Do For You?**
Take the season's freshest, vitamin-packed produce and make delicious, creative juice blends with these quick recipes.

64 **Spice Up Your Meals**
Did you know that adding chile peppers to dishes not only heats them up, but it can make them healthier too?

112 **Revive the Family Dinner**
One father learns the real benefits to reviving family dinner traditions.

Aetna promises to support your healthy every step of the way. See how Aetna can help you be a healthier you.

WhatsYourHealthy.com

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what's your healthy?

Healthy is different for everyone. For some, it's a three-mile run, strolling the farmer's market or getting enough sleep. For others, it's managing stress, spending time with friends and learning new things. A national study for Aetna, conducted by Harris Interactive among Americans 25-64, showed the different paths that people take to achieve their own healthy. Here's a snapshot of the results:

UNITED STATES OF WELLNESS

Americans say healthy is:

Physical
- ☑ Being active
- ☑ Eating right
- ☑ Right weight for my body type

Emotional
- ☑ Managing stress
- ☑ Work-life balance
- ☑ Being in a happy, committed relationship

Americans choose having strong relationships with family and friends as equally important as getting recommended health check-ups.

25 HOURS IN A DAY?

And with an extra hour in the day they would choose exercise over sleep.

EVERYTHING COUNTS IN SMALL AMOUNTS

Compared to 5 years ago, those living healthier today are:

Eating more salads and fewer French fries

Drinking less alcohol

Working out harder

BUT WEIGHT A MINUTE!

Even though the majority say they are living as healthy or healthier than they were 5 years ago, **67%** still want to lose weight.

Median number of pounds

Come tell us what "healthy" means to you. Join the conversation at WhatsYourHealthy.com

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Source: Online survey among 1,800 Adults 25-64 conducted by Harris Interactive, April 2013

Quality health plans & benefits
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Financial well-being
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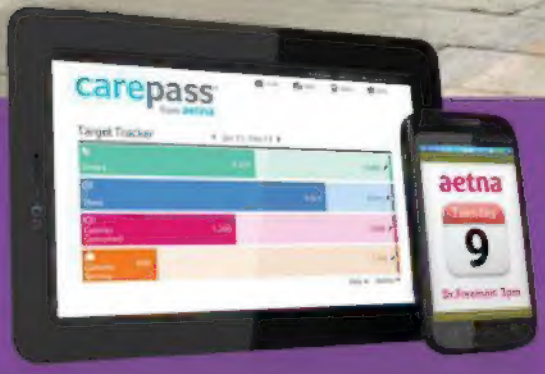
what's your healthy?℠ downward facing dog



Whatever your healthy is, Aetna can help you get there.

Everyone's healthy is different. If yours is yoga, Aetna can help you track your goals, identify pain sources and even make doctors' appointments. At home or on the go. It's how Aetna helps you be a healthier you. So, what's your healthy?

Whats Your Healthy.com

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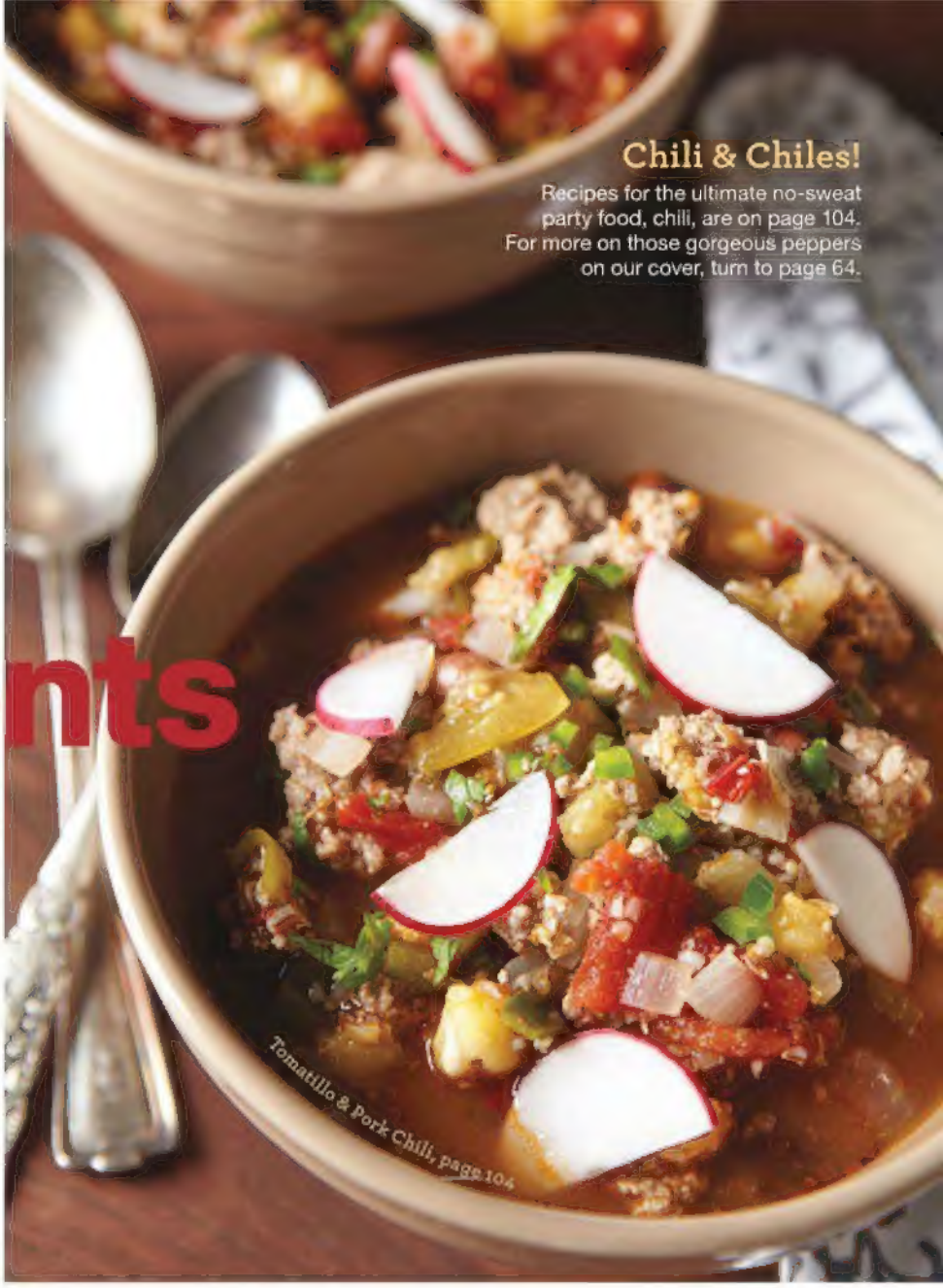
Chili & Chiles!
Recipes for the ultimate no-sweat party food, chili, are on page 104. For more on those gorgeous peppers on our cover, turn to page 64.
Tomatillo & Pork Chili, page 104

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Stale bread takes on new life as an ingredient for outstanding soups, salads, casseroles and more.
By Emily Horton

64 **Chileman & The Pope of Peppers**
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76 **Frozen Assets**
Stock your freezer with healthy, homemade dinners and you've got an investment you can cash in any night of the week.
By Carolyn Malcoun

88 **The Truth About Food Labels**
The claims on food packages range from utterly ridiculous to actually helpful. Here's how to sort through the clutter and know what really matters.
By Rachael Moeller Gorman

Cover photo: Andrew Scrivani; stylist: Soo Jeong Kang **Chiles in the Issue:** pages 64-74, 79, 104. **More Great Chile Recipes!** Find spicy recipes with chile peppers at **eatingwell.com/go/peppers**

PHOTOGRAPHY BY ERICA ALLEN

Recipe Index

43 recipes for quick weeknight dinners, freezable casseroles, warming chilis and easy cornbread.

How We Test Recipes

Each of our recipes is tested in the *Eating Well* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

How We Analyze Recipes

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total fat, saturated (sat) fat, monounsaturated (mono) fat, cholesterol, carbohydrate, added sugars, protein, fiber, sodium and potassium, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. (Note: Nutrition information is updated regularly. The current analyses appear with the recipes on *eatingwell.com*.)
- Garnishes and optional ingredients are not included in analyses.
- When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed as a nutrition bonus. These values are FDA benchmarks for adults eating 2,000 calories a day.
- Recipes highlighted as gluten-free (*see Key, below*) do not include wheat, rye, barley or oats. But it's important to read the labels of processed foods, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

Key to Icons*

Icons (or colors) identify recipes that are most appropriate for certain eating goals. A recipe marked...

- ¢ **[Budget Entree]** costs less than $3 per serving.
- ⏱ is ready to eat in 45 minutes or less.
- **Gluten-Free** (*see note, above*)
- h✖w **[Healthy Weight]** has reduced calories and limited saturated fat.
- h↑f **[High Fiber]** provides significant total fiber.
- h♥h **[Healthy Heart]** has limited saturated fat.

*For more on our nutritional-analysis process and complete guidelines on how we define each icon, visit *eatingwell.com/go/guidelines*.

How We Price Recipes

- Costs for ingredients come from safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of summer 2013.

More Great Recipes
Go to eatingwell.com/recipes

PAGE			RECIPE	hw ✖	hf ↑	hh ♥	DAILY VALUE (DV) CALORIES DV: 2,000	FAT/SAT (g) DV: <65/20	CARBS (g) DV: 300	FIBER (g) DV: 25	SODIUM (mg) DV: <2,400
			BREAKFAST								
57		¢	French Toast with Pear-Cranberry Compote		•		470	13 / 6	70	10	559
			JUICES & SNACKS								
24	⏱		Blueberry-Cabbage Power Juice				77	0 / 0	18	0	27
24	⏱		Carrot-Orange Juice				111	1 / 0	24	1	38
108	⏱		Dried Apples *(per 5 slices)*				29	0 / 0	8	1	1
24	⏱		Ginger-Beet Juice				100	1 / 0	21	1	94
24	⏱		Green Juice				91	1 / 0	20	1	192
24	⏱		Tomato-Vegetable Juice				46	0 / 0	9	2	82
			SOUPS, SALADS, SIDES & SAUCES								
72	⏱		Belizean Habanero Hot Sauce				9	1 / 0	1	0	51
56			Creamy Rye & Butternut Squash Soup	•	•	•	171	6 / 1	27	5	447
48	⏱		Grape Chutney	•		•	110	3 / 0	16	1	124
48	⏱		Grape-Rosemary Focaccia	•		•	121	4 / 1	19	1	157
74			Jalapeños in Escabeche	•		•	20	1 / 0	2	1	12
42	⏱	¢	Loaded Baked Potato Soup				304	13 / 6	35	3	737
50	⏱		Orzo & Grape Salad with Feta & Mint	•	•	•	202	7 / 2	30	5	192
58	⏱		Panzanella	•	•	•	192	11 / 2	21	3	248
59			Roasted Garlic & Leek Bread Casserole		•		279	15 / 5	26	4	352
			VEGETARIAN								
42	⏱	¢	Braised Cauliflower & Squash Penne Pasta	•	•	•	330	8 / 2	56	9	594
42	⏱	¢	Braised Cauliflower & Squash Penne Pasta for Two	•	•	•	331	8 / 2	56	9	594
32	⏱	¢	Brussels Sprout & Potato Hash		•		377	18 / 4	41	7	594
32	⏱	¢	Brussels Sprout & Potato Hash for Two		•		370	17 / 4	41	7	569
82		¢	Eggplant Parmesan	•	•		294	14 / 4	33	9	459
62		¢	Rosemary Lentils & Greens on Toasted Bread		•	•	422	15 / 2	56	13	568
104		¢	Vegetarian Chili	•	•	•	343	9 / 1	50	17	590
			FISH & SEAFOOD								
70	⏱		Apricot-Chile Glazed Salmon	•		•	215	8 / 1	12	1	433
44	⏱		Quick Risotto with Shrimp, Corn & Edamame		•		525	17 / 6	49	5	716
80	⏱		Salmon Cakes with Olives, Lemon & Dill	•		•	214	10 / 2	2	1	339
79		¢	Shrimp Dumplings	•		•	281	9 / 1	31	1	492
			POULTRY								
86		¢	Broccoli Rabe & Turkey Sausage Lasagna	•	•		388	15 / 6	34	7	679
84		¢	Cassoulet		•	•	511	14 / 3	57	12	649
44	⏱	¢	Chicken Stew with Turnips & Mushrooms	•		•	239	7 / 1	17	3	581
36	⏱	¢	Creamy Mustard Chicken		•	•	447	18 / 3	42	6	456
74		¢	Duck Chiles Rellenos	•		•	201	12 / 3	13	4	400
79			EatingWell King Ranch Casserole	•	•	•	356	13 / 5	29	5	698
104			White Turkey Chili	•	•	•	356	14 / 2	35	10	722
			MEAT								
104			Buffalo & Black Bean Chili	•	•	•	390	15 / 4	40	12	731
38	⏱	¢	Chard & Chorizo Frittata				384	24 / 8	22	3	683
34	⏱	¢	Chickpea & Chorizo Fideos		•	•	474	18 / 4	62	11	483
104		¢	Cowboy Beef & Bean Chili	•	•	•	393	14 / 4	38	15	593
104			Lamb & White Bean Chili	•	•	•	364	14 / 3	40	14	551
34	⏱		Pork Milanese with Mashed Sweet Potato		•	•	469	18 / 5	43	6	527
72			South Texas Steak Fajitas			•	467	20 / 5	40	3	792
104		¢	Tomatillo & Pork Chili	•	•	•	350	13 / 3	38	10	718
			DESSERTS & BAKED GOODS								
51	⏱		Creamy Grape Salad with Candied Walnuts	•		•	143	7 / 2	21	1	50
60			Spiced Apple Bread Pudding		•	•	257	9 / 2	41	4	137
107	⏱		Whole-Grain Cornbread	•	•	•	188	6 / 1	30	3	209

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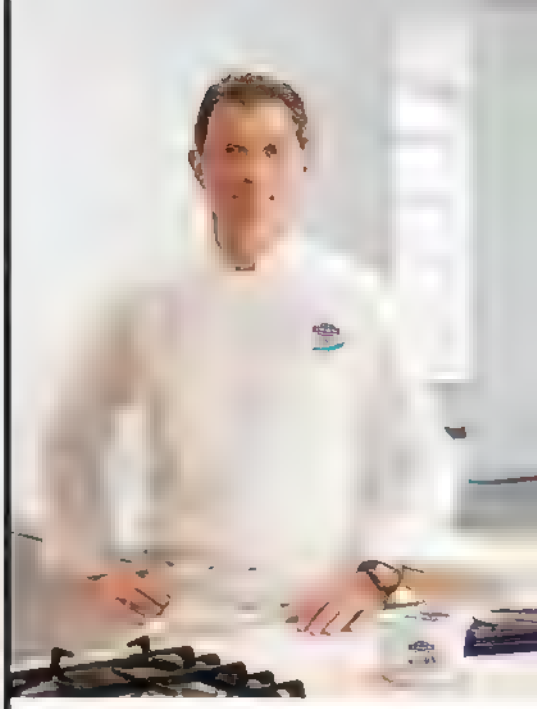

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4-WEEK DINNER PLANNER

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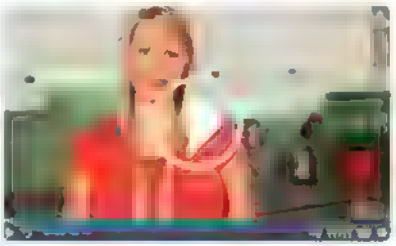
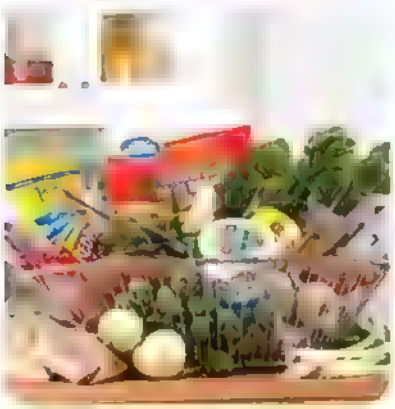


Get Your Diet Back on Track

If you're trying to clean up your diet, check out nutrition editor Brierley Wright's list of **6 foods to limit to clean up your diet** at *eatingwell.com/go/cleandiet*

Your Personalized Slow-Cooker Cookbook

Take our quick quiz to find out which slow-cooker recipes best fit your cooking style and get a free mini cookbook of crockpot recipes at *eatingwell.com/go/slowcooker*



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Win This Juicer!

Enter our daily sweeps at *eatingwell.com/WinJuicer* on September 20. Details on page 109. (See our juice recipes on page 24!)

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Crest Clean & Scope Fresh creates chemistry.
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our contributors

When former sommelier Breana Lai was assigned to the juicing story ("*See It, Make It!*" on page 23), she was skeptical about whether she'd enjoy drinking her veggies. After developing five juice recipes and testing six machines, she's a juicing convert. Her favorite is the Green Juice (loaded with parsley, spinach and celery). A Southern transplant who used to work as a cooking school instructor, Breana has a master's in public health nutrition and is a registered dietitian.

His writing, in such publications as *Men's Journal*, *The New York Times Magazine* and *Bon Appétit*, has earned Daniel Duane a National Magazine Award and a James Beard Award nomination. For "Chileman & The Pope of Peppers" (page 64), he traveled to New Mexico, where he became a "spicy-food guy" convert. His seventh, and very witty, book is *How to Cook Like a Man, A Memoir of Cookbook Obsession* (Bloomsbury).

Madcap creativity; unconventional; corned c—all words that have been used to describe Chip Simons' photography, which appears in "The Truth About Food Labels" (page 88). A multi-award-winning photographer with a unique sense of humor, Simons has shot magazine covers, album covers and everything between. His first major series of work, "I Am A Dog," was published in Andy Warhol's *Interview* Magazine.

feedback Send your comments to *editor@eatingwell.com*.

Love at First Sight

I just received my first magaz ne and I can't put it down It was a gift from my daughter for Mother's Day and it was one of the best gifts I cou d have gotten. The recipes are fantast c!!! Also, the stories are heart-warming. "Bill and the Beanstalk" was wonderful. Thank you for a great magazine. A new subscriber for life!

—***Earlyne Murray,*** *Holden, MA*

Praise for Pizz'alads!

You've done it again! Loved these pizz'alads! This idea combined with your cilantro-lime vinaigrette on my salad brought al sorts of new oohs & ahhs. W thin each issue you keep your prom se that I'll find that happy p ace where good taste meets good health.

—***Jeremy Joseph,*** *Nashville, TN*

Search, Then Sip

I rece ved my August issue and was excited to see what art cles were inside. I was really interested in the cover line, "Sip This for Lower Blood Pressure." I have been cover to cover but cannot find the article. HELP!

—***Jennifer Revesz,*** *Littleton, CO*

Editors' reply: *You weren't the only one searching for the reference to tomato-based gazpacho on page 90, in "A Spoonful of Summer." Sorry for the confusion.*

Not So Fast

I doubt that a diet based on fasting two days a week [*Ask Brierley*, August] would lead to long-term weight loss; in fact, it might do the opposite. Fasting may send a signal to the body that food is scarce, so it would respond by lowering its rate of metabolism in order to conserve scarce resources. When the food returns the next day, less would be metabolized and more stored as fat. A better strategy would be to eat a normal diet, but reduce portion sizes.

—***Cathy Rockwell,*** *Salt Lake City, UT*

Editors' reply: *A healthy diet with smaller portions is a great way to lose and keep off weight. Although in theory fasting could impact your metabolism, researchers have found that short-term and intermittent fasting didn't slow metabolic rate. The Fast Diet also doesn't call for a complete fast: you're eating a few hundred calories on your "fast" days.*

Lobster's Low Blow

I was astounded that you relate the low price of obster as being a good thing! ["A Great Catch," *Good*, August] What you failed to understand is that the fishermen catching these lobsters are being paid exactly the same per pound as they were 18 years ago. Ent re fam lies are losing their livelihoods. This price on lobster is appal ing; it shouldn't be celebrated.

—***Gina Crisp,*** *a lobsterman's daughter*

Editors' reply: *Lower prices are not good news for everyone. We should have noted that this trend has been damaging for lobster fishermen.*

Correction: The recipe for Port & Plum Sorbet [*Test Kitchen*, August] should be made with ½ cup port, rather than ¼ cup; the nutrition analysis was correct.

CONTRIBUTORS TOP TO BOTTOM: ERICA ALLEN; LIZ WEIL; CHIP SIMONS; DOM J. OZZI; AND JAN WESTPHALEN

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Vernon Hills, IL
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Why Eve Ate the Apple

Nothing says fall like an explosively crisp bite of a juicy apple. The fruit is also a powerhouse of polyphenols, potent antioxidants. Eating apples may lower the risk of asthma, lung cancer, stroke and prevent blood sugar spikes. According to a recent Ohio State study, adults eating just one apple a day over four weeks reduced their levels of LDL ("bad") cholesterol by as much as 40 percent. Taking a capsule containing apple polyphenols did not have as much of an effect. The researchers suspect the difference was due to the combined effect of polyphenols as well as other compounds in the whole apple. The fruit is also rich in pectin, a soluble fiber effective in lowering cholesterol. An apple a day really might keep the doctor away.

Apples also offer thousands of flavor possibilities. Once, more than 16,000 varieties grew just in American orchards. As shelf life and uniformity became more important, most disappeared. Fortunately, some heirlooms are making a comeback, offering spectacular flavors and names: Roxbury Russet tastes nutty, Cornish Gilliflower carries notes of clove, tiny Pitmaston Pineapple is reminiscent of its namesake.

Grocery stores are starting to offer more beyond Grannies and Goldens, but local markets and orchards are your best bet for heirlooms. Find out what's growing near you at *localharvest.org*. You've got plenty of reasons to take a bite!

Our Best Apple Recipes
Find fa apple recipes for crisps, squares and more at eatingwell.com/go/apples

In tests of the 10 most popular apple[illegible] U.S., Fuji apples contained the highest levels of phenolic compounds, which are powerful antioxidants.

Waste Not, Want Not

THE AVERAGE AMERICAN TOSSES 20 POUNDS OF FOOD A MONTH. HERE'S HOW NOT TO

By going trayless in campus cafeterias, the University of Missouri saves 15,000 pounds of food per month.

[redacted]

Why is so much food thrown away?

In developing countries, 95 percent of food loss occurs before food is even sold because of poor storage and distribution. Most waste in developed countries arises from discarding fruit and vegetables simply because they aren't perfect or uniform. Groceries reject between 20 and 100 percent of a farmer's crop for cosmetic reasons.

Why is food waste such a concern?

We're destroying forests and the world's remaining natural areas to grow more food, contributing to extinction of species, water depletion, soil erosion and global warming. About 10 percent of greenhouse gas emissions from developed countries come from growing food that is never eaten.

> "[redacted] of all the food wasted by shops, households and restaurants in Europe and the U.S. [redacted] 1 billion hungry people in the world's in of hunger—at least four times over."

What can we do to make a difference?

Most changes in the food industry, such as organic standards, have been driven by consumer demand. We have great power—and responsibility—to make food waste unacceptable. Tell your grocer that you're happy to buy wonky fruits and vegetables.

How to reduce food waste at home:

1. Plan your meals before you go to the supermarket.
2. Keep your pantry and fridge organized. Store and label leftovers.
3. Eat the food that is already in your fridge before making something new.
4. Use leftovers in creative ways: in fried rice or omelets or as pizza toppings. (*For delicious ways to use stale bread, see page 54.*)
5. Freeze food that you might not use by the end of its life.
6. Donate extra to food banks or soup kitchens.

Tristram Stuart cooks up misshapen produce—bound for the trash—into a free lunch in London.

As much protein as an egg,
now found in a bowl.

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SWEET URBAN BASIL: "What we're doing is essential," says Jolanta Hardej, founder of FarmedHere, a Chicago vertical farm

Farming for the Future

GOODBYE SUN, GOODBYE DIRT. THERE'S A NEW FARM IN TOWN.
BY GRETEL H. SCHUELLER

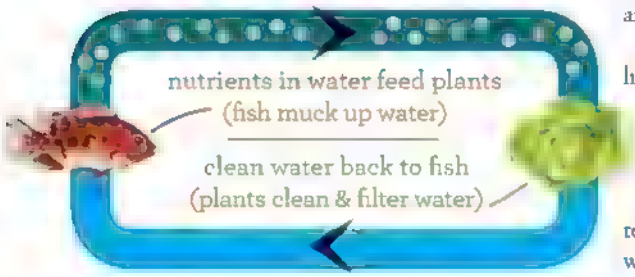
Thousands of delicate greens—from arugula to basil—fill a once-vacant warehouse in a Chicago suburb. They grow without soil or sun, stacked in trays six levels high, towering 18 feet. Welcome to indoor urban farming.

These so-called vertical farms are touted as a better way to provide fresh, local produce in cities. "By 2050, 70 percent of the world population will live in metropolitan areas," says Jolanta Hardej, CEO and founder of FarmedHere, whose Chicago greens travel less than 30 miles from farm to grocery and are delivered within 24 hours after harvesting. Vertical farms are sprouting up in cities around the world. In land-scarce and monsoon-prone Singapore, for instance, Sky Greens, a four-story vertical farm, supplies local stores with more than a ton of bok choy and Chinese cabbage each day. FarmedHere is the largest and only certified organic facility in the U.S., producing 20,000 pounds of greens each month, with a goal of 1 million pounds in 2014. That's a lot of salad!

Vertical farming can seem strangely sterile. Plants grow without dirt in a closed loop system along with fish (usually tilapia), which provide nutrients. (*See illustration below.*) But it's incredibly efficient: it reduces water use by 97 percent compared to traditional farming and because it's indoors, no pesticides or herbicides are needed. Hardej plans to sell the tilapia too.

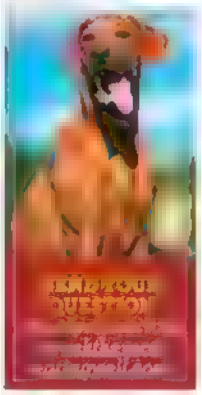
Vertical farming also provides healthier and tastier greens, Hardej says. Lab tests comparing FarmedHere salad greens to a national organic brand found higher nutrient levels in the FarmedHere leaves: three times as much C, 45 percent more iron. According to Hardej, the triple washing most packaged greens undergo depletes plants of nutrients and washes away essential oils. (Greens not grown in soil—and thus not as prone to contamination—don't get prewashed.) Long storage times cause nutrient degradation, too—not an issue when harvests are delivered in the same city.

Nor is vertical farming limited by weather. "We grow 365 days a year," Hardej says. Tomatoes are next on her list. A delicious, locally grown tomato in winter really would be something!



Can diet help my pet's skin and coat?

For pets who occasionally have dry skin or a dull coat, studies have shown that diets higher in total fat will help, especially those high in omega-3 and omega-6 fatty acids. Fatty acids are like cement that hold skin together and providing enough can help maintain the integrity of the skin. The easiest way to ensure your pet gets those omegas is with fish-oil supplements (made for people or pets). It can take up to 12 weeks to see an improvement. Avoid omega supplements that contain vitamin A or D, which can be harmful if given in a higher amount than already in your pet's food. (For example, cod liver oil is naturally high in A and D, so you'd want to avoid that.) Go easy on those fatty supplements, though: too much fat causes upset stomachs and adds calories. In addition, pancreatitis has been linked to high-fat diets.



Dr. Deborah Linder, DVM, DACVN, *head of Tufts Obesity Clinic for Animals*

Label Watch: Plant Sterols

Found naturally in small amounts in foods like nuts, beans and vegetable oils, plant sterols are added to all sorts of foods, from tortilla chips to margarines, to promote heart health. Eating 2 grams of added plant sterols per day may help lower your "bad" LDL cholesterol by up to 15%. However, more than that isn't necessarily better. *—Lisa D'Agrosa, M.S., R.D.*

TURNS OUT DOG'S BEST FRIEND IS ACTUALLY CHICKEN.

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TONNINO

Turn the page for 5 healthy juice recipes that can boost your mood, your immune system *and* your produce intake. That's something we can all drink to!

Win a Juicer! For a chance to win a Ronco juicer, enter our daily sweeps at **eatingwell.com/WinJuicer**

SEE IT, MAKE IT

Juicing Justified

Can juicing lead to happiness? Several studies show that adding more produce to your diet can improve your mental health and sense of well-being, yet most of us don't get enough. While smoothies generally contain more fruit and fiber, our juices are loaded with leafy greens, and red, orange and purple veggies. It's a delicious and easy way to drink about a fourth of your daily recommended produce intake per glass—particularly varieties you might not otherwise eat. Cheers!

—Breana Lai, M.P.H., R.D.

7-Day Juice Plan

Everything you need for juicing: pro tricks, juicer-buying tips and 7 days of delicious juices at **eatingwell.com/go/juice**

To Make Fresh Juice:

Wash vegetables, fruits and/or herbs, then process through a juicer according to the manufacturer's directions. We recommend adding any fresh greens first, followed by soft vegetables and/or fruits and finishing with hard vegetables and/or fruits. Ingredient lists for each recipe are ordered this way. Drink within a day or freeze

No Juicer? No Problem.

Try this low-tech version instead: Coarsely chop ingredients. Place half of each ingredient in a blender; process until liquefied. Add remaining ingredients; blend until liquefied. Cut two 24-inch pieces of cheesecloth. Unfold and stack, then fold in half so you have a 4-layer stack. Line a large bowl with the stack; pour juice into the center. Gather the cloth together with one hand and use your other hand to twist and squeeze to extract the juice from the pulp. If you don't want stained hands, wear rubber gloves.

Carrot-Orange Juice

- 1 medium yellow tomato, cut into wedges
- 1 medium orange, peeled and quartered
- 1 medium apple, cut into eighths
- 4 large carrots, peeled

Green Juice

- ½ cup fresh parsley
- 3 cups spinach
- ½ lemon, peeled
- 2 medium pears, cut into eighths
- 6 large stalks celery, trimmed

Ginger-Beet Juice

- 3 kale leaves
- 1 medium orange, peeled and quartered
- 1 medium apple, cut into wedges
- 1 medium carrot, peeled
- 1 large beet, peeled and cut into wedges
- 1 1-inch piece peeled fresh ginger

Tomato-Vegetable Juice

- 1 cup chopped hearts of romaine
- ¼ cup fresh chives
- 2 large tomatoes, cut into wedges
- ¼ fresh jalapeño, stemmed and seeded
- 1 large red bell pepper, cut into eighths
- 2 large stalks celery, trimmed
- 1 medium carrot, peeled

Blueberry-Cabbage Power Juice

- ¼ medium red cabbage, sliced
- 1 large cucumber, peeled and cut into chunks
- 1 cup fresh blueberries
- 1 large apple, cut into eighths

ENERGY ELIXIR: Drinking beet juice
workout may increase your stamina
by boosting blood flow, which gets your
muscles the fuel and oxygen they need
ANCER'S KRYPTONITE: The celery and parsley
delivers apigenin, a compound that
promotes the death of cancerous cells
from Ohio State University.
BRAIN BOOSTER: Red cabbage and bl
pack this juice with anthocyanins, wh
help keep your memory sharp

Each recipe makes two 8- to 10-ounce servings of juice. For nutrition info per serving, see page 6.

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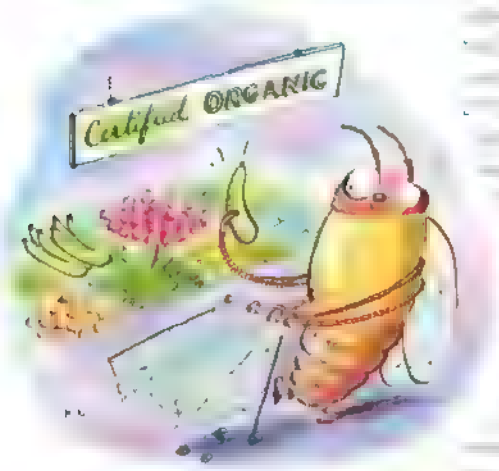
New Buzz on Organics



ext time you're de-

Shop Smart: Peanut Butter

More than just a sandwich spread, peanut butter deserves a spot on your menu. Its healthy fats, fiber and protein may help you stave off afternoon hunger pangs, says a new study. But not all peanut butter is created equal. Here are our tips for finding the best peanut butter on the shelf. —*L.D.*

Many PBs are still made with hydrogenated oils, which improve the texture but add trans fat. Some replaced those oils with palm oil—a better choice, but high in unhealthy saturated fat. Buy PB with no added oils and stir before spreading.

Skip Added Sugars: Some PBs provide 3 to 4 grams of added sugars (about 1 teaspoon per 2 tablespoon serving). Sugar may be listed as: evaporated cane juice, corn syrup solids, high-fructose corn syrup, molasses, honey.

It doesn't mean the PB is without added sugars and oils. True natural PB has just peanuts and maybe a little salt (our target sodium is 125 mg or less per serving).

Go Full-Fat: Sugar and starchy fillers replace healthy fats in reduced fat peanut butters, with negligible calorie savings.

Peanut Butters We Love: ▪ Teddie Old Fashioned All Natural ▪ Smucker's Natural ▪ Trader Joe's Organic ▪ Whole Foods 365

Ask Brierley

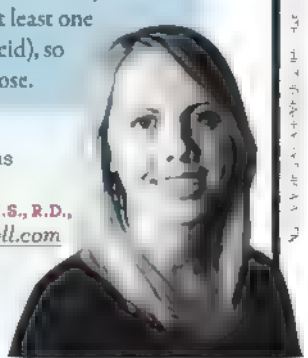
How much protein should I be eating?

Protein is a must-have nutrient: your body uses it to generate and repair cells. And the building blocks of protein—called amino acids—are needed to build muscle, make antibodies and keep your immune system going. Compared to fat and carbs, protein packs a bigger punch when it comes to filling you up and keeping you satisfied.

But don't worry that you're not getting enough of this powerhouse nutrient. Protein malnutrition is nearly nonexistent in the U.S. In fact, most of us eat *more* than we need. women get, on average, 69 grams of protein per day. The Institute of Medicine (IOM) recommends women get 46 grams daily (that's equal to about 6 ounces of chicken). Men need 56 grams, yet they're actually eating almost double.

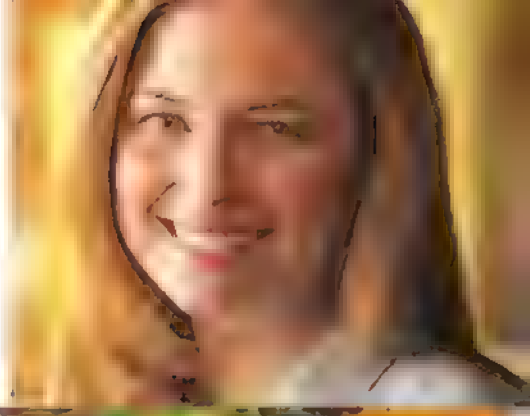
There's no official daily maximum for protein, but IOM suggests capping it at 35 percent of your calories (that's 175 grams for a 2,000-calorie diet). Heed that advice for a few reasons: High protein diets usually promote foods that deliver unhealthy saturated fat (meat, cheese). Eating too much protein may also increase your chances of kidney stones, as well as your risk of osteoporosis. (When protein is digested, it releases acid that is neutralized by calcium, which is pulled from your bones.) In one study, women who ate more than 95 grams of protein a day were 20 percent more likely to fracture their forearm than those who got less than 68 grams daily.

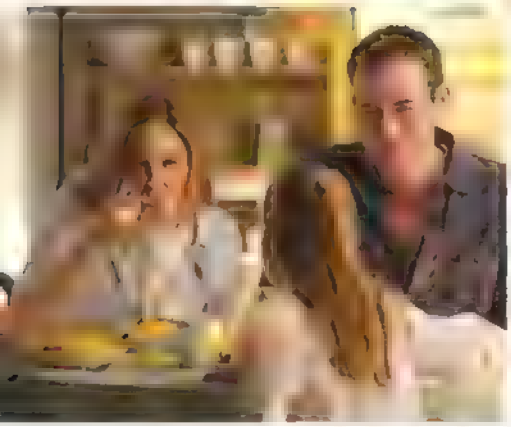
Bottom line: It's possible to eat too much protein, so don't go overboard. Choose healthy proteins—lean meat, poultry, low-fat dairy, fish, soybeans, quinoa. Beans, peas, nuts and seeds also supply protein, but they're "incomplete" (lack at least one essential amino acid), so eat a variety of those.



Send your questions to Nutrition Editor **Brierley Wright, M.S., R.D.,** at *askus@eatingwell.com*

Hungry for the best in taste and nutrition?





It's so EB

Giving your family the best has never been so easy! Compared to ordinary eggs, EBs provide:

- 25% less saturated fat
- 10 times more vitamin E
- 3 times more vitamin B12
- 4 times more vitamin D
- 2 times more Omega 3
- 38% more lutein
- 175 mg cholesterol (58% DV)

Along with superior nutrition comes superior taste: EBs deliver more of the farm-fresh, delicious flavor everyone loves.

Superior taste, nutrition, quality, variety, and value–only one egg makes it easy. EBs!

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Better taste. Better nutrition. Better eggs.™

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Go Figure: Salt, Sugar and Fat, Oh My!

Salt, sugar and fat can make food taste so sumptuous—yet they are also at the root of many of our health problems. In his latest book, *Salt Sugar Fat: How the Food Giants Hooked Us*, Pulitzer Prize–winning reporter **Michael Moss** investigates how this triumvirate of food additives has enabled the processed food industry to hook consumers on their products the same way the cigarette industry hooked smokers on nicotine. Here are just a few of Moss's shocking numbers:

33 Pounds of cheese the average American eats each year. The reason: as consumers shifted to skim milk, the resulting surplus of dairy fat was transformed into cheese (a plan subsidized by the federal government) and then slipped into just about every form you can think of, such as cheese-stuffed pizza crust.

100 Number of additional calories eaten by participants in a Dutch study when they could not [illegible] (for example, [illegible]).

32 GALLONS OF SUGAR-SWEETENED SODA THE AVERAGE AMERICAN DRANK IN 2011, WHICH EQUALS ABOUT 341 (12-OZ.) CANS.

2/3 [illegible]

22 Teaspoons of added sugars the average American eats per day. The amount is almost equally split among sugar derived from sugarcane, sugar beets and corn (which includes high-fructose corn syrup). Studies show that sugar stimulates the brain the same way cocaine does, which is why we're driven to crave more.

5 The maximum teaspoons of added sugars the American Heart Association recommends a woman should get per day on a 1,800-calorie diet. That's barely half a 12-oz. can of Coke or 1½ Fig Newtons.

6 The daily percentage of sodium that comes from our table salt shaker.

40 Different types of processed salts—from smashed to flaked to powdered—sold by Cargill, one of the world's largest suppliers of salt.

Seven gluten free flavors. No artificial flavors or colors. All delicious.

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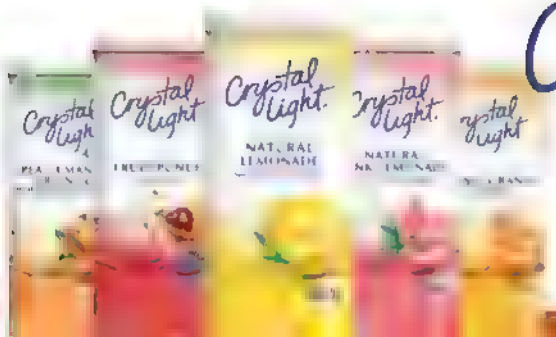

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FOR EVERY SHADE OF YOU

weeknights / 32
1 Bag of Groceries, 5 Fast Dinners!
4 ways / 40
Box of Chicken Broth
fresh picks / 47
Plump, Juicy Grapes

healthy in a hurry

Chickpea & Chorizo Fideos
Page 34

Great ideas for meals in minutes!

One Bag of Groceries, 5 Fast Dinners!

Get everything you need to make great meals all week for less than $50

The word "convenient," despite its association in my mind with the mythical 1960s housewife, turns out to be from the 1300s (yeah, I looked it up), meaning "to come together." It's still relevant in this century, of course: to make eating healthfully convenient these days, time and desire to cook have to come together. Although most of us aren't short on desire, we *are* short on time. That's why we're giving you our ultimate convenient weeknight plan—five dinners that use just a few ingredients, even doubling up on some, so all you need to do is buy one bag of groceries for less than $50. We've even written the shopping list for you. I love it when a plan comes together. —*Wendy Ruopp*

~ Shopping List ~

Produce & Herbs
- ☐ 1 pound Brussels sprouts
- ☐ 1 small bunch chard
- ☐ 1 head garlic
- ☐ 1 lemon (optional)
- ☐ 1 small onion
- ☐ 1 bunch fresh sage
- ☐ 1 bunch scallions
- ☐ 1 large shallot
- ☐ 2 large sweet potatoes

Dry Goods & Bread
- ☐ 14- to 16-ounce package whole-wheat angel hair pasta
- ☐ Coarse dry whole-wheat breadcrumbs

Canned & Bottled Goods
- ☐ 15-ounce can chickpeas
- ☐ 14-ounce can petite diced tomatoes

Refrigerator Items & Dairy
- ☐ Reduced-fat sour cream
- ☐ Parmesan cheese
- ☐ 1 dozen eggs

Frozen
- ☐ 30-ounce bag frozen shredded hash browns

Meat & Seafood
- ☐ 4 thin-sliced chicken breasts (about 1 pound)
- ☐ 1 pound pork tenderloin
- ☐ 4 ounces Spanish chorizo (or pepperoni)

CHECK YOUR PANTRY:

Oils, Vinegars & Condiments
- ☐ Extra-virgin olive oil
- ☐ Dijon mustard

Dry Goods
- ☐ All-purpose flour

Flavorings
- ☐ Salt
- ☐ Black pepper
- ☐ Garlic powder
- ☐ Dried rosemary

Spirits
- ☐ Dry white wine (1 cup)

Download: eatingwell.com/go/shoppinglist

MAKE IT FOR TWO: *Halve all the ingredients (using about 2 Tbsp. Parmesan); prepare hash in a medium nonstick skillet and poach eggs in a medium saucepan.*

Brussels Sprout & Potato Hash

h+f

45

Makes: 4 servings, 1 egg & 1 cup hash each
Active time: 45 minutes **Total:** 45 minutes
Cost per serving: under $2.50

This hash is perfect for a cool fall evening. Look for hash browns that don't have added salt to help keep sodium in check.

- 3 tablespoons extra-virgin olive oil
- ¼ cup chopped onion
- ½ teaspoon dried rosemary
- 5 cups frozen shredded hash browns
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 pound Brussels sprouts, trimmed and thinly sliced
- ⅓ cup finely shredded Parmesan cheese
- 4 large eggs

1. Heat oil in a large nonstick skillet over medium-high heat. Add onion and rosemary; cook, stirring, until beginning to brown, about 2 minutes. Stir in hash browns, salt and pepper. Spread into an even layer. Cook, undisturbed, for 4 minutes.
2. Reduce heat to medium. Stir in Brussels sprouts, spread back into an even layer and cook, stirring every 2 to 3 minutes and returning to an even layer, until golden brown, 12 to 14 minutes total. Remove from heat and stir in cheese.
3. Meanwhile, bring 2 inches of water to a boil in a Dutch oven. Reduce to a gentle simmer. Break an egg into a small bowl, submerge the bowl's lip in the water and slide the egg in. Repeat with the remaining eggs. Cook for 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Transfer the eggs to a clean dish towel to drain. Serve the eggs over the hash.

Per serving: 377 calories; 18 g fat (4 g sat, 11 g mono); 192 mg cholesterol; 41 g carbohydrate; 0 g added sugars; 14 g protein; 7 g fiber; 594 mg sodium; 489 mg potassium. **Nutrition bonus:** Vitamin C (129% daily value), Vitamin A (26% dv), Folate (25% dv), Iron (18% dv), Calcium (15% dv).

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SUPER FAST

tuesday

Chickpea & Chorizo Fideos

h♥f h♥h (Photograph: page 31.)

25

Makes: 4 servings, about 1½ cups each
Active time: 25 minutes
Total: 25 minutes
Cost per serving: under $2

This quick, one pot Spanish pasta gets a smoky flavor from chorizo. If you can't find Spanish chorizo, pepperoni works well in its place. Serve with a green salad drizzled with sherry vinaigrette.

- 3 tablespoons extra-virgin olive oil, divided
- ½ package whole-wheat angel hair pasta (7-8 ounces), broken into 2-inch pieces
- 2 large cloves garlic, minced
- ½ cup chopped Spanish chorizo or pepperoni (about 2 ounces)
- 1 14-ounce can petite diced tomatoes
- 1½ cups water
- ½ cup dry white wine
- 1 15-ounce can chickpeas, rinsed
- 3 scallions (½ bunch), sliced

1. Heat 2 tablespoons oil in a Dutch oven over medium heat. Add pasta pieces and cook, stirring, until toasted and browned in spots, 2 to 3 minutes. Transfer to a bowl.
2. Add the remaining 1 tablespoon oil to the pan and heat over medium heat. Add garlic and chorizo (or pepperoni) and cook, stirring, until fragrant, about 1 minute. Add tomatoes, water, wine and the toasted pasta, bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the pasta is tender and most of the liquid is absorbed, about 8 minutes. Stir in chickpeas and scallions and cook 1 minute more.

Per serving: 474 calories; 18 g fat (4 g sat, 11 g mono); 12 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 16 g protein; 11 g fiber; 483 mg sodium; 546 mg potassium.
Nutrition bonus: Magnesium (29% daily value), Vitamin C (25% dv), Folate & Iron (24% dv), Zinc (18% dv), Potassium (16% dv).

FAMILY-FRIENDLY

wednesday

Pork Milanese with Mashed Sweet Potato

h♥f h♥h

30

Makes: 4 servings, 2 pork medallions & about ½ cup sweet potato each
Active time: 30 minutes
Total: 30 minutes
Cost per serving: under $3.50

You'll swear that these crispy pork medallions were deep-fried, when in fact they achieve the delectable crispy crust with a nonstick skillet and a mere 3 tablespoons extra-virgin olive oil. To round out the meal, serve with steamed broccolini with a squeeze of lemon.

- 2 large sweet potatoes (about 2 pounds)
- 2 tablespoons all-purpose flour
- 1 large egg, lightly beaten
- ¾ cup coarse dry breadcrumbs, preferably whole-wheat
- ¼ cup finely shredded Parmesan cheese
- 1 pound pork tenderloin, trimmed and cut crosswise into 8 slices (medallions)
- ⅛ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 3 tablespoons extra-virgin olive oil
- ¼ cup reduced-fat sour cream
- 1 tablespoon chopped fresh sage
- 4 lemon wedges (optional)

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healthy in a hurry

1. Prick sweet potatoes in several places with a fork. Place on a plate and microwave on High until tender all the way through, 10 to 15 minutes.
2. Meanwhile, place flour in a shallow dish and egg in another dish. Combine breadcrumbs and Parmesan in a third dish. Press pork medallions down with your hand so they are all about ½ inch thick. Sprinkle with ¼ teaspoon each salt and pepper. Coat both sides of the pork first in the flour, shaking off any excess, then dip in egg. Finally, coat on both sides with the breadcrumb mixture, pressing to help the crumbs stick.
3. Heat oil in a large nonstick skillet over medium heat. Add the pork and cook, turning once, until golden brown and an instant-read thermometer inserted in the center registers 145°F, 4 to 5 minutes per side (*see Tip, below*). Transfer to a clean plate and let rest while you finish the sweet potatoes.
4. When the sweet potatoes are cool enough to handle, cut open and scoop the flesh into a medium bowl. Mash with sour cream, sage and the remaining ¼ teaspoon each salt and pepper. Serve the pork with the mashed sweet potato and a lemon wedge, if desired.

Per serving: 469 calories; 18 g fat (5 g sat, 10 g mono); 130 mg cholesterol, 43 g carbohydrate; 0 g added sugars; 33 g protein; 6 g fiber; 527 mg sodium; 1,159 mg potassium. **Nutrition bonus:** Vitamin A (534% daily value), Vitamin C (45% dv), Potassium (33% dv), Zinc (20% dv), Magnesium (19% dv), Iron (17% dv).

Is Your Pork Done?

If you cook pork so every speck of pink is gone, you are likely overcooking—making it dry. Pork that is cooked to an internal temperature of 145°F and allowed to rest for 3 minutes is safe to eat even if it's still a little pink in the middle. Cured pork (e.g., cured ham and smoked pork chops) is pink both before and after cooking.

Creamy Mustard Chicken

hhf hph

35

Makes: 4 servings, 1 cutlet & 1 cup pasta with ¼ cup sauce each
Active time: 35 minutes
Total: 35 minutes
Cost per serving: under $2.50

Thin-sliced chicken breasts (sometimes labeled chicken cutlets) cook up quickly and are delicious smothered in a velvety, light mustard sauce garnished with fresh chopped sage. If you can't find chicken cutlets, cut boneless, skinless chicken breast into 4 ounce pieces and place between pieces of plastic wrap. Pound with a meat mallet, rolling pin or heavy skillet until flattened to about ½ inch thick.

- ½ package whole-wheat angel hair pasta (7-8 ounces)
- 4 thin-sliced chicken breasts or cutlets (about 1 pound)
- ½ teaspoon garlic powder
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ¼ cup all-purpose flour
- 3 tablespoons extra-virgin olive oil, divided
- 1 large shallot, finely chopped
- ½ cup dry white wine
- ½ cup water
- ¼ cup reduced-fat sour cream
- 2 tablespoons Dijon mustard
- 2 tablespoons chopped fresh sage, plus more for garnish

1. Bring a large saucepan of water to a boil. Add pasta and cook according to package instructions. Drain.
2. Meanwhile, sprinkle chicken with garlic powder and ¼ teaspoon each salt and pepper. Place flour in a shallow bowl and coat both sides of the chicken, shaking off any excess. Reserve 2 teaspoons flour; discard the rest.
3. Heat 2 tablespoons oil in a large skillet over medium-high heat. Cook the chicken, turning once, until golden brown and cooked through, 3 to 4 minutes per side. Transfer to a clean plate.
4. Reduce heat to medium and add the remaining 1 tablespoon oil to the pan. Add shallot and cook, stirring, until beginning to brown, 30 seconds to 1 minute. Add wine and cook, stirring occasionally, for 1 minute. Combine water with the reserved 2 teaspoons flour. Add to the pan and cook, stirring, until thickened, about 1 minute. Remove from the heat; stir in sour cream, mustard, 2 tablespoons sage and the remaining ¼ teaspoon each salt and pepper. Return the chicken to the pan and turn to coat with the sauce.
5. Top the pasta with half the sauce, the chicken and then the remaining sauce. Garnish with more sage, if desired.

Per serving: 447 calories; 16 g fat (3 g sat, 10 g mono); 69 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 31 g protein; 6 g fiber; 456 mg sodium; 367 mg potassium. **Nutrition bonus:** Magnesium (25% daily value), Iron (16% dv).

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WAKE UP TO EGGS

Chard & Chorizo Frittata

40

Makes: 4 servings
Active time: 40 minutes
Total: 40 minutes
Cost per serving: under $2

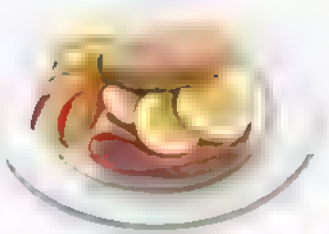
Frittatas are the ultimate no-fuss dinner, and that's why we love them for busy weeknights. In this one, we sauté earthy chard, chorizo and hash browns in the pan before adding the eggs. The broiler finishes cooking the eggs and turns the top of the frittata a lovely golden brown.

- 7 large eggs
- 3 scallions (½ bunch), sliced
- ½ cup shredded Parmesan cheese
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- 2 tablespoons extra-virgin olive oil
- 4 cups chopped chard (1 small bunch)
- ½ cup finely diced Spanish chorizo *or* pepperoni (about 2 ounces)
- 3 cups frozen shredded hash browns

1. Position rack in upper third of oven, preheat broiler.
2. Whisk eggs, scallions, cheese, pepper and salt in a large bowl.
3. Heat oil in a large cast-iron skillet (or broiler-safe nonstick skillet) over medium-high heat. Add chard and chorizo (or pepperoni) and cook, stirring frequently, until the chard is wilted, 2 to 3 minutes. Stir in hash browns. Pat the mixture into an even layer in the pan.
4. Pour the egg mixture into the pan and evenly spread to the edges. Cook over medium-high heat, lifting around the edges with a heatproof spatula to allow uncooked egg to flow under, until set around the edges, 3 to 4 minutes. Place the skillet under the broiler until the top is cooked and the eggs are slightly browned, 3 to 4 minutes. Let stand 5 minutes.
5. To release the frittata from the pan, run the spatula around the edges, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into wedges and serve.

Per serving: 384 calories; 24 g fat (8 g sat, 12 g mono); 345 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 20 g protein; 3 g fiber; 683 mg sodium; 356 mg potassium. **Nutrition bonus:** Vitamin A (57% daily value), Vitamin C (22% dv), Calcium (20% dv), Iron (17% dv).

incredible!



WAKE UP TO EGGS

Eggs have high-quality protein to help keep you fuller longer and energized. And they're a naturally good source of Vitamin D, too.

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Box of **Gold**

How to use this essential pantry staple in 4 delicious dinners

My pantry is never without *at least* one box of chicken broth. I reach for it when I make a quick sauce or to moisten a leftover casserole. But more important, it's my secret to fast, flavorful dinners. It's an obvious ingredient for soup (like the amazing Loaded Baked Potato Soup on page 42). But I also use it to whip up weeknight-fast risotto with shrimp, corn and tomatoes or turn it into a [illegible] Chicken Stew with Turnips & Mushrooms. Sure, if I had all the time in the world I might simmer meat, bones and vegetables in water for hours to make homemade broth—but I don't, so that's why I love boxed broth. Why the box rather than cans (or even bouillon cubes)? You can't beat the convenience. With just a pop of the top, you have 4 cups of instant flavor, ready to go into any recipe. Don't need to use it all at once? No problem. Just close it up and refrigerate right in the box for 1 to 2 weeks. One taste of these recipes and your pantry will never be without it. —*Hilary Meyer*

Shop Smart: Most store-bought broth is high in sodium, delivering close to 1,000 mg per cup! We call for reduced-sodium broth (averaging 500 mg/cup). If you're watching your sodium, use low-sodium (140 mg or less/cup) or no-salt-added (usually less than 100 mg/cup) instead. Some brands are lower in sodium, but aren't labeled as such—check the nutrition panel.

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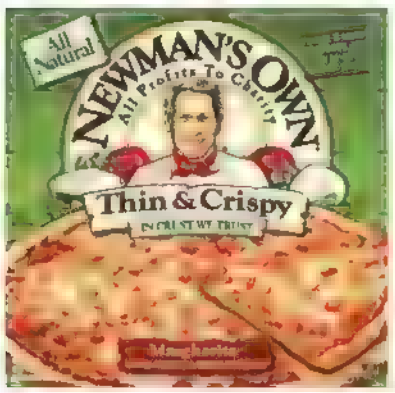

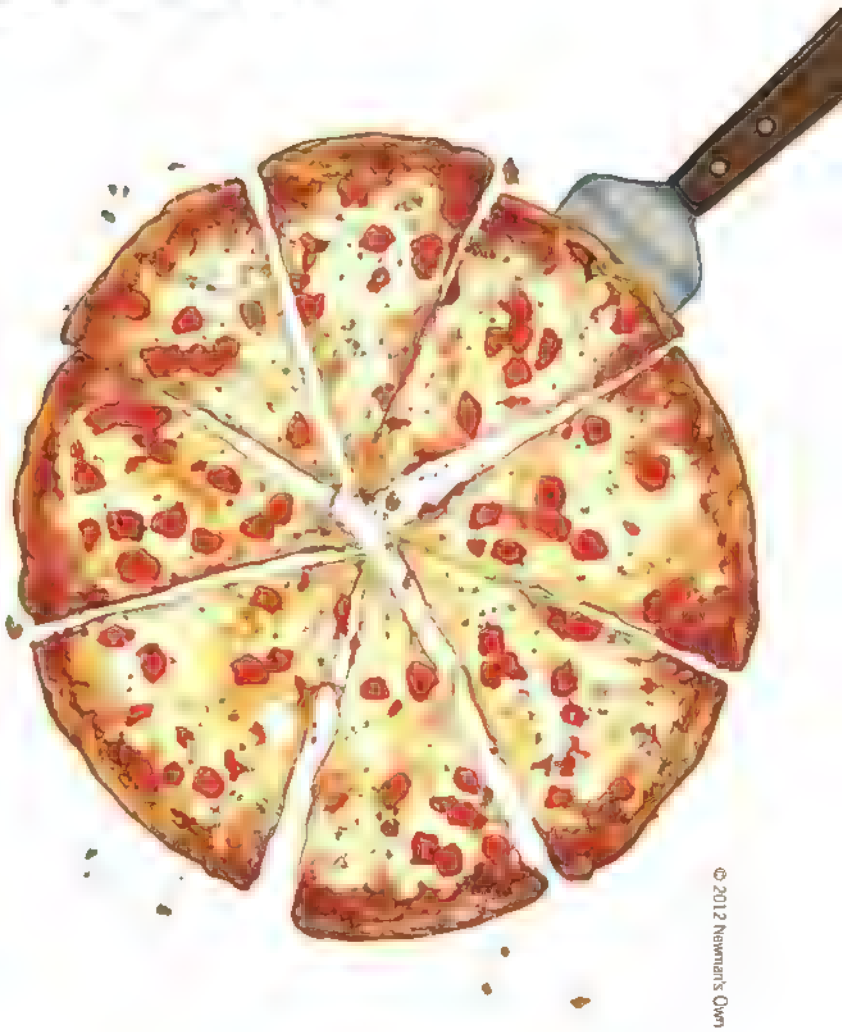

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Loaded Baked Potato Soup

45

Makes: 4 servings, 1¾ cups each
Active time: 25 minutes **Total:** 45 minutes
Cost per serving: under $2

The flavor of fully loaded baked potatoes with bacon, Cheddar, sour cream and chives inspired this comforting potato soup. Serve it with a green salad and crusty bread.

- 1 tablespoon canola oil
- 2 slices bacon, cut in half
- ½ cup chopped onion
- 1½ pounds medium russet potatoes (2-3), scrubbed and diced
- 4 cups reduced-sodium chicken broth
- ½ cup reduced-fat sour cream
- ½ cup shredded extra-sharp Cheddar cheese, divided
- ¼ teaspoon freshly ground pepper
- ¼ cup snipped chives *or* finely chopped scallion greens

1. Heat oil in a large saucepan over medium heat. Add bacon and cook, turning occasionally, until crisp, 4 to 5 minutes. Transfer to a paper towel to drain, leaving the oil and bacon drippings in the pan. Add onion to the pan and cook, stirring, until starting to soften, 2 to 3 minutes. Add potatoes and broth. Bring to a boil. Reduce heat to maintain a simmer and cook until the potatoes are tender, 12 to 15 minutes.
2. Using a slotted spoon, transfer about half the potatoes to a bowl and mash until almost smooth, but still a little chunky. Return the mashed potatoes to the pan along with sour cream, ¼ cup cheese and pepper. Cook, stirring, until the cheese is melted and the soup is heated through, 1 to 2 minutes. Serve garnished with crumbled bacon, the remaining ¼ cup cheese and chives (or scallion greens).

Per serving: 304 calories; 13 g fat (6 g sat, 5 g mono); 30 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 13 g protein; 3 g fiber; 737 mg sodium; 1,024 mg potassium. **Nutrition bonus:** Potassium (29% daily value), Vitamin C (24% dv), Calcium (16% dv).

In this vegetarian pasta, we like to use "no-chicken" broth (made from a vegetable base) for its rich flavor and pale golden color instead of darker vegetable broth.

Braised Cauliflower & Squash Penne Pasta

h•w h•f h•h

30

Makes: 4 servings, about 1½ cups each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $2.50

Here we cook pasta and vegetables in broth rather than water to make this warming vegetarian pasta extra flavorful. The starch from the pasta combines with the broth as it simmers and creates a silky sauce. And you can make the whole dish in just one pot, so cleanup is a breeze.

- 1 tablespoon extra-virgin olive oil
- 3 large cloves garlic, minced
- 1 teaspoon dried thyme
- ¼ teaspoon crushed red pepper
- 4 cups "no-chicken" broth *or* vegetable broth
- 8 ounces whole-wheat penne (about 3 cups)
- 2 cups 1-inch cauliflower florets
- 2 cups 1-inch pieces peeled butternut squash
- Freshly ground pepper to taste
- ¼ cup finely shredded Pecorino Romano cheese

Heat oil in a large saucepan over medium-high heat. Add garlic, thyme and crushed red pepper and cook, stirring, for 1 minute. Add broth, penne, cauliflower and squash. Bring to a boil over high heat. Reduce heat to a lively simmer and cook, uncovered, until the pasta is tender and the liquid is thickened and greatly reduced, 14 to 16 minutes. Remove from heat, stir in pepper and let stand for 5 minutes. Serve topped with cheese.

Per serving: 330 calories; 8 g fat (2 g sat, 3 g mono); 4 mg cholesterol; 56 g carbohydrate; 0 g added sugars; 11 g protein; 9 g fiber; 594 mg sodium; 475 mg potassium. **Nutrition bonus:** Vitamin A (148% daily value), Vitamin C (52% dv), Calcium (17% dv), Iron (15% dv).

Make It for Two: Halve all the ingredients (use 2 garlic cloves) and prepare in a medium saucepan; simmer for 10 to 15 minutes.

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Quick Risotto with Shrimp, Corn & Edamame

hef

30

Makes: 4 servings, 1½ cups each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $4.50

This "risotto" is fast because it uses instant brown rice instead of arborio rice and gets its velvety texture from cream cheese.

- 1 tablespoon extra-virgin olive oil
- 1 bunch scallions, sliced, white and green parts separated
- 2 cups instant brown rice
- 1 cup dry white wine
- 2 cups reduced-sodium chicken broth
- 1 pound peeled and deveined raw shrimp (*see Tip, page 109*)
- 1 cup frozen shelled edamame
- 1 cup frozen corn, thawed
- 4 ounces reduced-fat cream cheese, cut into small pieces
- ½ cup finely shredded Parmesan cheese
- ¼ teaspoon freshly ground pepper

1. Heat oil in a large nonstick skillet over medium heat. Add scallion whites and rice; cook, stirring, 1 minute. Add wine and cook on medium-high until most of it is evaporated, 2 minutes. Add broth; return to a boil. Reduce heat, cover and simmer for 5 minutes. Place shrimp on the rice. Return to a simmer. Cover and cook until the shrimp are cooked through, 5 to 7 minutes.
2. Stir in edamame, corn and cream cheese until the cream cheese is incorporated. Simmer, uncovered, stirring occasionally, until most of the liquid is evaporated, 4 to 5 minutes more. Remove from heat; stir in Parmesan and pepper. Top with scallion greens.

Per serving: 525 calories; 17 g fat (6 g sat, 5 g mono); 173 mg cholesterol; 49 g carbohydrate; 0 g added sugars; 32 g protein; 5 g fiber; 716 mg sodium; 672 mg potassium. **Nutrition bonus:** Folate (37% daily value), Magnesium (34% dv), Calcium (26% dv), Zinc (23% dv), Potassium (19% dv).

Some definitions specify that "stock" is made with the bones and "broth" without them. We use the terms interchangeably.

Chicken Stew with Turnips & Mushrooms

hew hvh

45

Makes: 6 servings, about 1⅓ cups each
Active time: 45 minutes **Total:** 45 minutes
Cost per serving: under $3

To save a little prep time, look for already sliced mushrooms and chopped kale (found near packaged fresh greens).

- 1½ pounds boneless, skinless chicken breasts, trimmed
- ½ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil, divided
- 2 large turnips (about 1 pound), peeled (*see Tip, page 109*) and cut into 1-inch pieces
- 8 ounces sliced cremini mushrooms
- 1 medium onion, sliced
- 2 cloves garlic, minced
- ½ cup dry white wine
- 4 cups chopped kale
- 3 cups reduced-sodium chicken broth
- 1 teaspoon fresh chopped rosemary
- 3 tablespoons cornstarch
- 3 tablespoons water

1. Cut chicken into 1-inch pieces and sprinkle with ¼ teaspoon each salt and pepper.
2. Heat 1 tablespoon oil in a Dutch oven over medium-high heat. Add the chicken and cook, stirring frequently, until lightly browned, 3 to 4 minutes. Transfer to a plate.
3. Add the remaining 1 tablespoon oil to the pot. Add turnips, mushrooms, onion and garlic and cook, stirring occasionally, until the onion is limp, 3 to 5 minutes. Add wine and cook, stirring, for 1 minute. Stir in kale, broth and rosemary. Return the chicken and any accumulated juices to the pot; bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the turnips are tender, about 10 minutes.
4. Meanwhile, mix cornstarch and water in a small bowl. Stir the mixture into the stew and cook until thickened, about 3 minutes. Remove from heat and season the stew with the remaining ¼ teaspoon salt.

Per serving: 239 calories; 7 g fat (1 g sat, 4 g mono); 52 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 24 g protein; 3 g fiber; 581 mg sodium; 787 mg potassium. **Nutrition bonus:** Vitamin A (138% daily value), Vitamin C (114% dv), Potassium (22% dv).

Our Favorite Fall Soups Get more healthy recipes for our favorite soups and stews at eatingwell.com/go/soups

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One serving of grapes (¾ cup) is a good source of vitamin K, providing 25 percent of your daily needs. Studies suggest that K reduces risk of bone fractures, particularly in older women.

Plump, Juicy & Sweet

Grapes alone are deliciously snackable, but these recipes show just how wonderful they can be for cooking

Grapes are so ancient that their vines conquered the world long before people were on the planet. Pretty much since our arrival, however, we've been tinkering with them: for example, in the Piedmont Mountains of Italy you can still see evidence of late Bronze Age vineyard posts used to train grapevines. And for almost as long, we've been trying to find a way to make grapes bigger, sweeter. Girdling, a practice in use since the ancient Greeks, can pump up grape size up to 30 percent. The process involves removing a ring of outer and inner bark around the trunk to restrict the flow of sugars from the leaves to the root. As a result, those sugars stay up top so the grapes get bigger and sweeter. To fatten grapes even more, some farmers spray them with a growth hormone that naturally occurs in grape seeds. The hormone is safe enough that its use still allows for an organic label.

Red, purple or green, plump or petite, grapes are a healthy pop-in-your-mouth snack. But don't overlook their cooking potential. Small and juicy with hints of acid and sweet, they are perfect food partners. Scattered on focaccia, they subtly sweeten each bite. And mixed into an orzo salad, grapes dance with feta and onion in a sumptuous taste tango. *—Gretel H. Schueller*

To make quick focaccia, use prepared whole-wheat pizza dough. Look for it at your supermarket, fresh or frozen and without any hydrogenated oils.

Grape-Rosemary Focaccia

h•w h•h

Makes: 12 servings
Active time: 10 minutes
Total: 35 minutes

The topping on this fast focaccia is a sweet/salty combination of grapes, Parmesan cheese and rosemary. Serve it instead of dinner rolls or as an appetizer.

- 1 pound prepared pizza dough, preferably whole wheat (*see Tip, above*)
- 1 tablespoon extra-virgin olive oil
- ⅓ cup shredded Parmesan cheese
- 2 teaspoons fresh rosemary leaves *or* 1 teaspoon dried
- 2 cups seedless grapes

1. Position rack in upper third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray.
2. Working on a lightly floured surface, pat and stretch dough with damp hands into a 10-by-12-inch oval. If the dough will not stretch easily, let it rest for 10 minutes, then stretch it again. Transfer to the prepared baking sheet.
3. Drizzle oil over the dough; sprinkle with Parmesan and rosemary. Arrange grapes on top and press lightly into the dough.
4. Bake the focaccia until golden around the edges and some of the grapes have burst, 18 to 25 minutes. Let cool at least 5 minutes before serving. (The grapes will be very hot inside.)

Per serving: 121 calories; 4 g fat (1 g sat, 1 g mono); 2 mg cholesterol; 19 g carbohydrate; 1 g added sugars; 4 g protein; 1 g fiber; 157 mg sodium; 52 mg potassium.

Grape Chutney

h•w h•h

Makes: 1¼ cups
Active time: 10 minutes **Total:** 20 minutes
To make ahead: Cover and refrigerate for up to 1 week.

With just a few minutes of prep, you can make a chutney to serve with roast pork or chicken or to use as a sandwich spread. Purple grapes give it the richest color, but red grapes taste great too.

- 1 tablespoon extra-virgin olive oil
- ½ cup minced shallots
- 2 cups halved seedless purple *or* red grapes
- ⅓ cup dry sherry
- ¼ cup white balsamic vinegar *or* rice vinegar
- 1 teaspoon yellow mustard seeds
- ¼ teaspoon salt

Heat oil in a medium saucepan over medium heat. Add shallots and cook, stirring, until softened, about 2 minutes. Add grapes, sherry, vinegar, mustard seeds and salt. Bring to a simmer and cook, stirring occasionally, until the grapes have broken down, 10 to 20 minutes.

Per ¼-cup serving: 110 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 1 g protein; 1 g fiber; 124 mg sodium; 204 mg potassium.

More Grape Recipes For more creative ways to use grapes check out eatingwell.com/go/grapes

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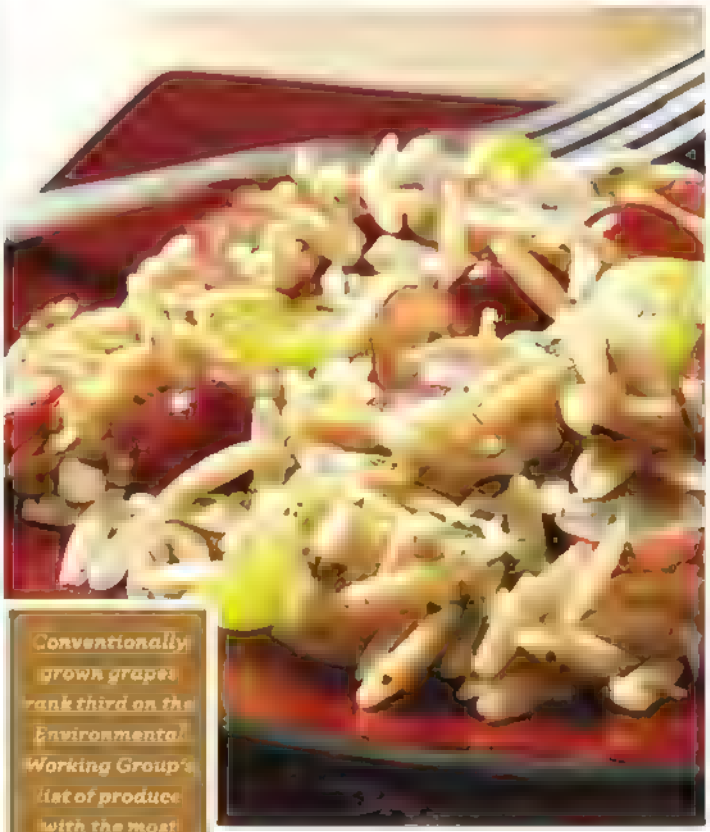

Conventionally grown grapes rank third on the Environmental Working Group's list of produce with the most pesticide residue. Go organic when you can.

Orzo & Grape Salad with Feta & Mint

h•w h•f h•h

Makes: 6 servings, about ¾ cup each
Active time: 20 minutes **Total:** 20 minutes

This brightly flavored orzo pasta salad is a delicious, easy side to go with chicken or lamb. Try it with quinoa instead of orzo.

- 1 cup orzo, preferably whole-wheat
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 cups quartered or halved seedless grapes
- ⅓ cup crumbled feta cheese
- ¼ cup chopped fresh mint
- 2 tablespoons finely chopped red onion

1. Bring a large saucepan of water to a boil. Add orzo and cook until just tender, about 8 minutes. Drain in a colander and rinse with cold water until cool.
2. Meanwhile, whisk oil, lemon juice, salt and pepper in a large bowl. Add grapes, feta, mint, onion and the orzo; toss to combine.

Per serving: 202 calories; 7 g fat (2 g sat, 4 g mono); 7 mg cholesterol; 30 g carbohydrate; 0 g added sugars; 5 g protein; 5 g fiber; 192 mg sodium; 130 mg potassium.

Creamy Grape Salad with Candied Walnuts

h•w h•h

20

Makes: 12 servings, ½ cup each
Active time: 20 minutes **Total:** 20 minutes
To make ahead: Store candied walnuts at room temperature for up to 8 hours; cover and refrigerate salad for up to 8 hours. Top the salad with the walnuts just before serving

Bring this lightened-up grape dessert salad to your next potluck and watch it disappear in moments.

Candied Walnuts
- ½ cup chopped walnuts
- 2 teaspoons water
- 1 tablespoon light brown sugar
- Pinch of salt

Grape Salad
- ½ cup reduced-fat sour cream
- 4 ounces reduced-fat cream cheese (Neufchâtel), at room temperature
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 6 cups seedless grapes, preferably red and green (about 2 pounds)

1. **To prepare walnuts:** Line a small baking pan with parchment paper or foil; coat with cooking spray. Preheat oven to 400°F.
2. Toss walnuts in a bowl with water. Sprinkle with brown sugar and salt; toss to coat well. Transfer to the prepared pan. Bake until the sugar is melted and the nuts are barely starting to brown, 6 to 8 minutes. Cool in the pan until the sugar hardens, about 6 minutes.
3. **To prepare salad:** Meanwhile, combine sour cream, cream cheese, honey and vanilla in a food processor and puree until smooth and creamy. Transfer to a large bowl. Add grapes and gently stir to combine. Transfer to a serving dish. Crumble the candied walnuts on top just before serving.

Per serving: 143 calories; 7 g fat (2 g sat, 1 g mono); 11 mg cholesterol; 21 g carbohydrate; 5 g added sugars; 2 g protein; 1 g fiber; 50 mg sodium; 198 mg potassium.

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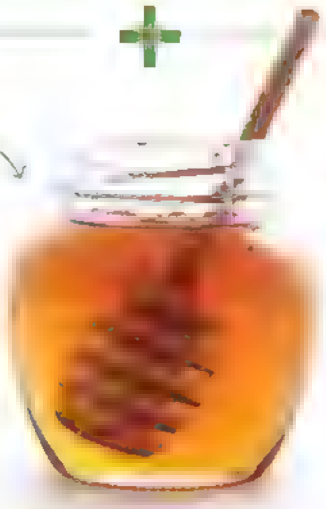

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Every L

STALE BREAD TAKES ON NEW LIFE AS AN INGREDIENT FOR OUTSTANDING SOUPS, SALADS, CASSEROLES AND MORE

By Emily Horton

PHOTOGRAPHY BY ERICA ALLEN

As a loaf of bread sits on your counter, think of it as "aging" rather than spoiling. For cooking, bread that's slightly dried and tough is truly better.

ast Crumb

Sitting on my kitchen counter is an oval-shaped loaf of rye bread, with an amber crust and chewy insides flecked with caraway seeds. When I bought it three days ago, I immediately cut a few crusty slices for snacking. Then I left it alone to stale—intentionally.

On the same counter is one of the first winter squashes of the season. It's a pale blue hubbard squash, shaped like a fat teardrop and covered in pebbly warts. Old bread and a fat squash may seem like unlikely partners, but together they transform into something just shy of miraculous. As I simmer torn bits of bread with the squash, the loaf takes on new life, swelling and breaking down into creamy, saturated flavor. By the time I ladle the soup into bowls, bread and squash have united entirely, developing a texture so luxurious you'd swear butter was at work.

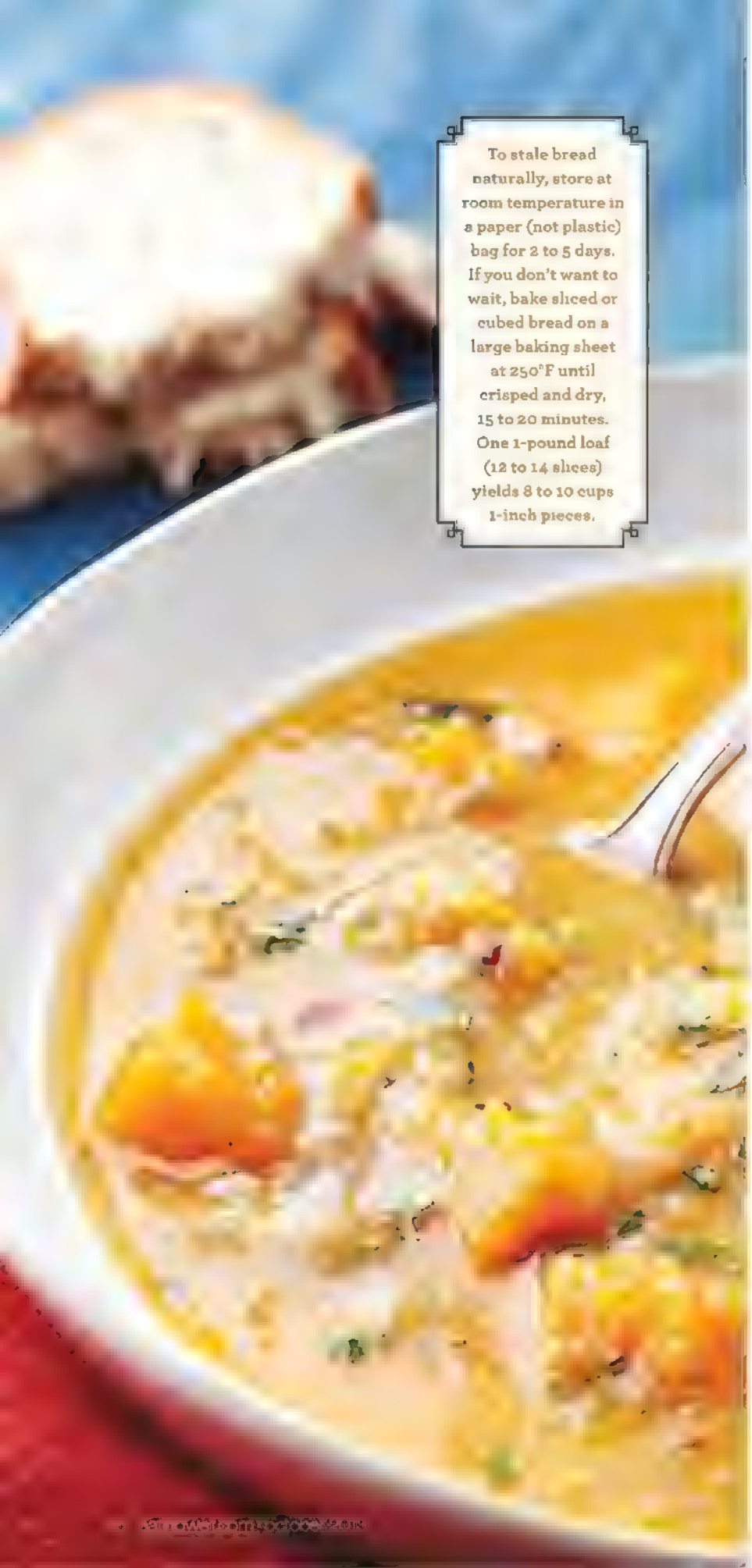
Resourceful cooks, of course, have been putting their days-old bread to work for centuries. Take, for example, Italy's panzanella, that utterly simple salad in which roughly torn pieces of day-old bread act like tender little sponges, soaking up the flavors of tomatoes, herbs, olive oil and vinegar. Or consider the savory, richly textured bread casseroles of France known as *panades*, in which hunks of stale bread are layered with other ingredients, such as vegetables, cheese and herbs, moistened with stock or broth and baked until tender and sumptuous. And then there are bread soups like the one I favor in autumn, itself inspired by a traditional rye bread, squash and cheese soup of northern Italy, which appear in variation throughout the world.

I've learned over the years that stale bread smacks more of opportunity than waste. My grandmother was always baking buttermilk biscuits or cornbread. When there were enough biscuits left over, she'd refashion them as strawberry shortcake, split into halves, toasted and topped with her own strawberry jam and whipped cream. My grandfather took a simpler approach, crumbling day-old wedges of cornbread into tall glasses of cold buttermilk, a treat I would accept any day of the week. I like to think I inherited their sensibilities.

Cooking with days-old bread is more than just economically sound. It brings magic to the kitchen. Stale bread gets its allure thanks to a sort of culinary alchemy. As bread ages, its network of starch—the scaffolding of the bread—becomes stronger. That strength is what helps stale bread maintain its structural integrity, giving, for example, a bread soup its light, fluffy texture. In the same soup, fresh bread would disintegrate and lose its body, breaking down into something looser and less lofty.

Once you begin thinking about bread in these terms, "stale," with its negative connotations, starts to seem a bit harsh, even misplaced. Let's call it "aging gracefully."

EMILY HORTON *lives in Washington, D.C. She has written about New England boiled cider, fig thieving, mortars and pestles in contemporary kitchens and winter radishes. This is her first feature for* EatingWell.



To stale bread naturally, store at room temperature in a paper (not plastic) bag for 2 to 5 days. If you don't want to wait, bake sliced or cubed bread on a large baking sheet at 250°F until crisped and dry, 15 to 20 minutes. One 1-pound loaf (12 to 14 slices) yields 8 to 10 cups 1-inch pieces.

Creamy Rye & Butternut Squash Soup

Makes: 6 servings, 1⅓ cups each
Active time: 30 minutes
Total: 1 hour 5 minutes
Cost per serving: under $1

This velvety soup is a lighter take on a traditional squash and rye bread soup from the Valle d'Aosta region of Italy, usually made rich with milk and cheese. This variation gets its richness from the creamy starches released by the bread and squash. If you like caraway, be sure to use rye bread with caraway seeds.

- 1½ pounds butternut, kabocha or hubbard squash
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- ¼ teaspoon crushed red pepper
- 6 cups water
- 1 teaspoon kosher or sea salt
- 5 cups 1-inch pieces stale rye bread without crust (*see Tip, left*)
- 2 tablespoons finely chopped fresh parsley

1. Peel and seed squash. Cut into enough 1-inch pieces to make about 4½ cups.
2. Heat oil in a large saucepan or Dutch oven over medium heat. Add garlic and crushed red pepper; cook, stirring, until fragrant, about 1 minute. Add the squash and stir to coat with the oil. Add water and salt. Bring to a boil. Reduce heat and simmer, partially covered, until the squash is tender, 15 to 20 minutes.
3. Mash about half the squash against the side of the pot to create a thick broth. Stir in bread; return to a simmer and cook, stirring occasionally, until the bread is beginning to break apart, 5 to 15 minutes (cooking time depends on how stale and/or dense your bread is).
4. Remove the soup from the heat, cover and let stand for 15 minutes. Stir in parsley and serve.

Per serving: 171 calories; 6 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 27 g carbohydrate; 1 g added sugars; 4 g protein; 5 g fiber; 447 mg sodium; 289 mg potassium. **Nutrition bonus:** Vitamin A (169% daily value), Vitamin C (22% dv).

FOOD STYLIST KATE WEPPNER WITH CAROLYN CASNER; PROP STYLIST CLAUDIA VENDITTI

French Toast with Pear-Cranberry Compote

hmf

Makes: 4 servings, 2 slices & about ½ cup compote each
Active time: 30 minutes
Total: 50 minutes
To make ahead: Prepare compote (Step 1), cover and refrigerate for up to 5 days; reheat before serving.
Cost per serving: under $2.50

This French toast is fragrant with vanilla and cardamom. Paired with a sweet-tart pear-cranberry compote, it's a delicious end for any bread that's been forgotten a little too long. Look for dried lemon peel (for the compote) in the spices section of well-stocked supermarkets.

Compote

- 2 large ripe but firm pears, peeled and chopped
- 1 cup cranberries, fresh *or* frozen
- ½ cup water
- 2 tablespoons sugar
- 2 tablespoons honey
- 1½ teaspoons dried lemon peel (optional)
- ¼ teaspoon kosher *or* sea salt
- 2 teaspoons fresh lemon juice

French Toast

- 4 large eggs
- 1 cup low-fat milk
- 2 teaspoons vanilla extract
- ½ teaspoon ground cardamom, divided
- 8 slices stale bread (*see Tip, opposite*)
- 6 teaspoons butter, divided

1. **To prepare compote:** Combine pears, cranberries, water, sugar, honey, lemon peel (if using) and salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover and gently simmer, stirring occasionally, until the cranberries have broken down and the pears are very tender, 30 minutes. Remove from heat and stir in lemon juice.
2. **To prepare French toast:** While the compote is simmering, whisk eggs, milk, vanilla and ¼ teaspoon cardamom in a medium bowl. Place bread in a 9-by-13-inch baking dish, in 2 layers if necessary. Pour the egg mixture over the bread. Let sit until the compote is done, occasionally turning and pressing gently to help the bread soak up all the egg mixture.
3. Preheat oven to 200°F.
4. Heat 1½ teaspoons butter in a large nonstick skillet over medium heat until melted and hot. Sprinkle the bread with the remaining ¼ teaspoon cardamom. Add 2 slices bread, cardamom-side down to the pan. Cook until golden, 2 to 3 minutes per side. Transfer to the oven to keep warm. Repeat in three more batches with the remaining butter and bread.
5. Serve the French toast with the warm compote.

Per serving: 470 calories; 13 g fat (6 g sat, 5 g mono); 177 mg cholesterol; 70 g carbohydrate; 19 g added sugars; 19 g protein; 10 g fiber; 559 mg sodium; 464 mg potassium. **Nutrition bonus:** Magnesium (23% daily value), Calcium (19% dv), Folate (18% dv), Iron (17% dv), Zinc (16% dv).

Panzanella

h•w h•f h•h

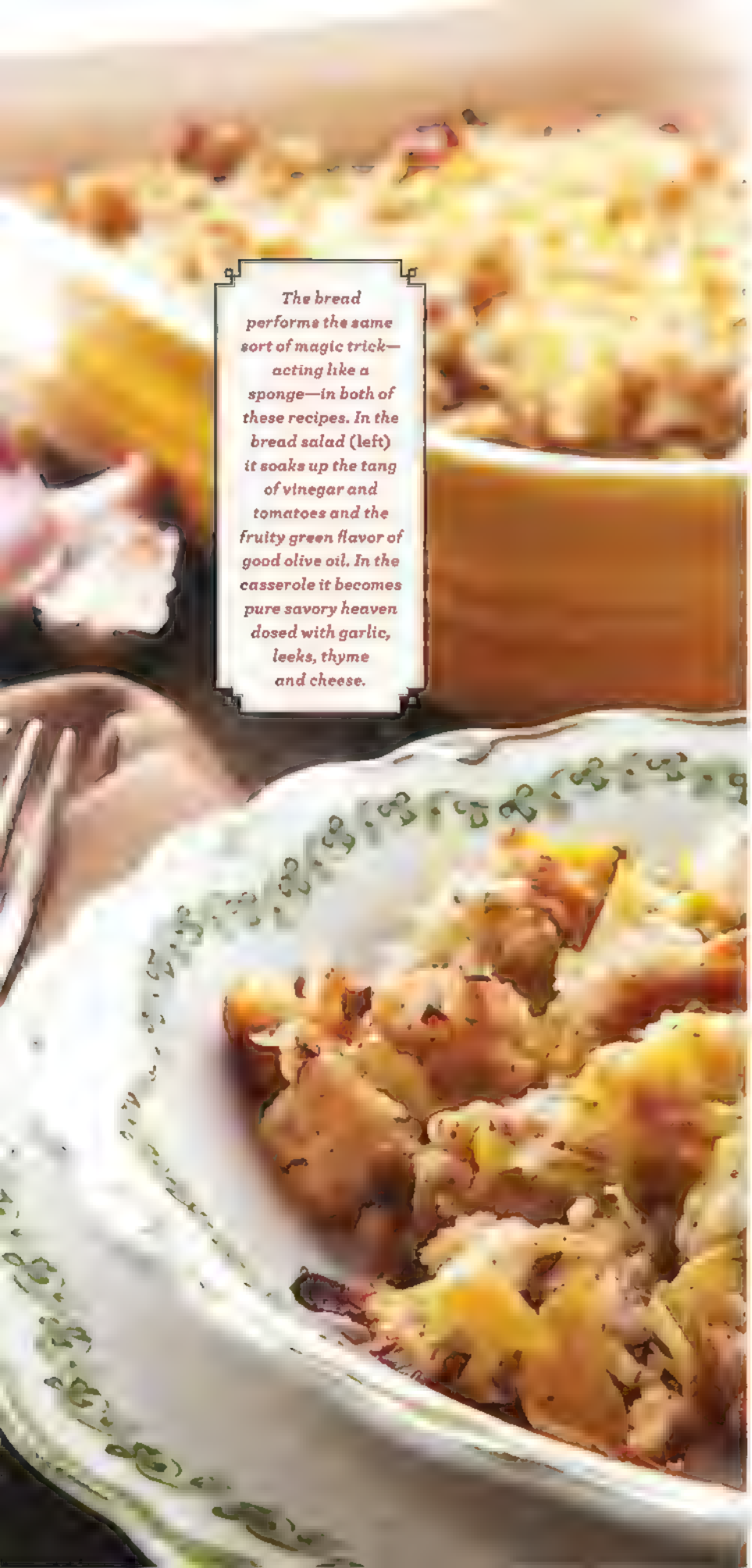
Makes: 6 servings, about 1⅓ cups
Active time: 20 minutes
Total: 25 minutes

This classic Italian bread salad, full of bright acidity and the sweetness of basil, is one of the finest ways to enjoy the last of summer's tomatoes. Bring out your best olive oil and vinegar.

- 2 pounds ripe tomatoes
- ¼ cup finely chopped red onion
- ¼ cup chopped flat-leaf parsley
- 3 tablespoons finely slivered fresh basil
- 4 cups torn bite-size pieces stale crusty white bread (see *Tip, page 56*)
- ¼ cup extra-virgin olive oil
- 3 tablespoons red-wine vinegar *or* sherry vinegar
- ½ teaspoon kosher *or* sea salt
- ¼ teaspoon freshly ground pepper

1. Cut larger tomatoes into wedges or chunks; cut any cherry tomatoes into halves or quarters. Combine in a large bowl with onion, parsley and basil. Add bread
2. Whisk oil, vinegar, salt and pepper in a small bowl. Pour it over the salad and gently toss to coat the bread well. Let stand for about 5 minutes before serving.

Per serving: 192 calories; 11 g fat (2 g sat, 7 g mono); 0 mg cholesterol; 21 g carbohydrate; 1 g added sugars; 4 g protein; 3 g fiber; 248 mg sodium; 418 mg potassium. **Nutrition bonus:** Vitamin C (41% daily value), Vitamin A (31% dv), Folate (15% dv).



The bread performs the same sort of magic trick—acting like a sponge—in both of these recipes. In the bread salad (left) it soaks up the tang of vinegar and tomatoes and the fruity green flavor of good olive oil. In the casserole it becomes pure savory heaven dosed with garlic, leeks, thyme and cheese.

Roasted Garlic & Leek Bread Casserole

hef

Makes: 6 servings, about ¾ cup each
Active time: 50 minutes
Total: 1 hour 20 minutes

This stuffing-like vegetable-and bread

- 1 large head garlic
- 3 tablespoons extra-virgin olive oil, divided
- 3 cups water plus 2 tablespoons, divided
- 8 slices stale bread, crusts removed *(see Tips, page 56)*
- 4 cups halved and thinly sliced leeks (about 2 large leeks; *see Tip, page 60*), white and light green parts only
- ½ teaspoon kosher *or* sea salt, divided
- 1 cup shredded raclette *or* Gruyère cheese
- 1 tablespoon chopped fresh thyme
- ¼ teaspoon freshly ground pepper

1. Preheat oven to 375°F.
2. Remove the outer skin from the garlic and place the head in a small baking dish. Drizzle with ½ teaspoon oil. Add ¼ inch water to the dish. Roast, uncovered, until tender but still firm, about 30 minutes. Let cool slightly, then peel the cloves. Thinly slice and set aside.
3. Meanwhile, bring 3 cups water to a boil. Place bread in a shallow heatproof dish large enough to hold it in a single layer. Pour in enough water to nearly submerge it. Let stand until the bread is saturated, 3 to 5 minutes. Transfer the bread to a colander in batches and gently press out the liquid. The bread should be somewhat moist, but not dripping. Tear it into irregular pieces. Transfer to a large bowl.
4. Heat 1 tablespoon oil in a large skillet or Dutch oven over medium heat until shimmering. Add leeks, 2 tablespoons water and ¼ teaspoon salt, partially cover and cook, stirring occasionally, until the leeks are tender but still bright

green, 5 to 7 minutes.

5. Add the leeks to the bowl of bread along with the sliced garlic, 1½ tablespoons oil, cheese, thyme, pepper and the remaining ¼ teaspoon salt; gently combine with your hands or a spoon. Spread the mixture into a shallow baking dish large enough to hold it in a 1-inch layer, such as a 9-by-13-inch pan. Drizzle with the remaining 1 teaspoon oil.

6. Bake until crisp and golden in spots, about 30 minutes. Serve warm.

Per serving: 279 calories; 15 g fat (5 g sat, 8 g mono); 21 mg cholesterol; 26 g carbohydrate; 2 g added sugars; 12 g protein; 4 g fiber; 352 mg sodium; 241 mg potassium. **Nutrition bonus:** Calcium (28% daily value), Vitamin A (24% dv), Vitamin C (16% dv).

Tip: To clean leeks, trim off green tops and white roots and split lengthwise. Place in plenty of water and swish around to release any sand or soil. Drain. Repeat until no grit remains.

Spiced Apple Bread Pudding

h•f h•h

Makes: 8 servings, ⅔ cup each
Active time: 35 minutes
Total: 2 hours 20 minutes

mace on hand

- 1½ pounds tart apples (3-4 medium), such as Granny Smith, Empire or Cortland
- 2 tablespoons light brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground mace or nutmeg
- 3 cups apple cider
- 2 tablespoons butter, melted
- 1 teaspoon vanilla extract

Fall apples melt into this pudding along with bread, walnuts, golden raisins and cider (though you could use apple juice). Cider, which is made by pressing apples, is not filtered, so it's cloudy and usually more tangy, depending on the blend of apples.

- 6 cups 1-inch pieces stale bread without crust (*see Tip, page 56*)
- ⅓ cup golden raisins
- ½ cup walnuts, toasted (*see Tip, page 109*) and chopped
- Whipped cream (optional)

1. Preheat oven to 350°F.

2. Peel and thinly slice apples. Toss with brown sugar, cinnamon and mace (or nutmeg) in a medium bowl. Combine cider, butter and vanilla in another medium bowl.

3. Cover the bottom of a 3-quart round casserole dish (or similar-size pot) with 2 cups bread pieces. Pour about ⅓ cup of the cider mixture over them. Sprinkle with about one-third of the raisins and cover with about one-third of the apple slices. Repeat with another layer of 2 cups bread, ⅓ cup cider and half the remaining raisins and apple slices. For the third layer, arrange the rest of the bread, raisins and apples so that some of each is visible on the surface. Slowly ladle the remaining cider mixture over the top. Using a flat, wide spatula, press down to compact and submerge the top layer (it may not remain submerged). Cover with a lid or foil.

4. Bake for 30 minutes. Use the spatula again to press down the top and baste it with the liquid. Cover and bake for 30 minutes more. Baste the top layer again by pressing down on it with the spatula. Keep the cover off and continue baking until the top is golden, about 30 minutes more. Let rest on a wire rack for 15 minutes.

5. Scoop the bread pudding into individual serving dishes. Sprinkle each portion with some of the walnuts and top with a dollop of whipped cream (if using).

Per serving: 257 calories; 9 g fat (2 g sat, 2 g mono); 8 mg cholesterol; 41 g carbohydrate; 5 g added sugars; 6 g protein; 4 g fiber; 137 mg sodium; 234 mg potassium.

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Rosemary Lentils & Greens on Toasted Bread

h•f h•h

Makes: 4 servings, 1 cup lentils & kale and 1 slice bread each
Active time: 30 minutes
Total: 1 hour 10 minutes
Cost per serving: under $1.50

Toast stale bread to revive it, then douse with rosemary-infused lentils and kale. Serve as a vegetarian main dish for 4 or a hearty side dish for 8

- 3 cloves garlic, divided
- 2 tablespoons extra-virgin olive oil plus 4 teaspoons, divided
- ½ teaspoon crushed red pepper
- 2 tablespoons tomato paste
- 2 teaspoons chopped fresh rosemary
- 4 cups water
- 1 cup French green lentils (*see Tip, page 109*)
- 8 cups chopped kale (1-pound bunch)
- ¾ teaspoon kosher *or* sea salt
- 4 slices stale crusty bread (*see Tip, page 56*)

1. Mince 2 garlic cloves. Heat 2 tablespoons oil in a Dutch oven over medium heat. Add the minced garlic and crushed red pepper and cook until fragrant, about 1 minute. Add tomato paste and rosemary and cook, stirring, for 1 minute. Add water; bring to a boil. Add lentils, reduce heat to a simmer, partially cover and cook for 40 minutes.
2. Add kale and salt; cover and cook, stirring occasionally, until the lentils and kale are tender, about 10 minutes more.
3. Meanwhile, preheat oven to 375°F.
4. Brush bread slices with ½ teaspoon oil each. Bake until toasted, 8 to 10 minutes.
5. Cut the remaining garlic clove in half and rub the toast with a cut side of the garlic. Serve each toast topped with about 1 cup of the lentil mixture, drizzled with ½ teaspoon of the remaining oil.

Per serving: 422 calories; 15 g fat (2 g sat, 10 g mono); 0 mg cholesterol; 56 g carbohydrate; 3 g added sugars; 19 g protein; 13 g fiber; 568 mg sodium; 753 mg potassium. **Nutrition bonus:** Vitamin A (164% daily value), Vitamin C (44% dv), Iron (27% dv).

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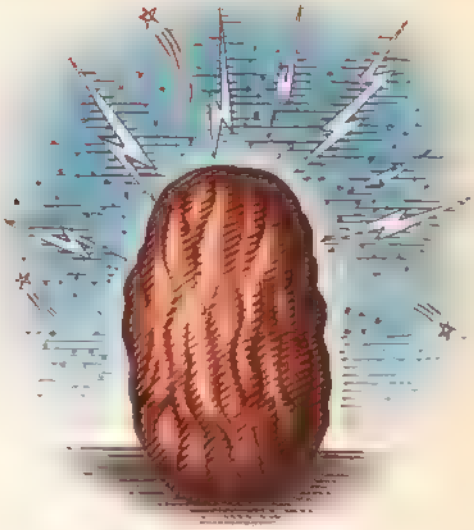

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CHILEMAN & *The*

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THEY GO DEEP INTO WHY CHILES ARE THE MOST

Story by DANIEL DUANE *Recipes by* DAVE DEWITT

POPE *of* PEPPERS

DEWITT & PAUL BOSLAND ARE A BIT OBSESSED.
IRRESISTIBLE PAIN INDUCING FOOD AROUND.

Photography by WES NAMAN *Food Photography by* ANDREW SCRIVANI

"You should feel the heat in five or ten seconds,"

said Paul Bosland, his blue eyes boring into mine while I chewed my first bite of chile relleno at La Posta, an old-timey Tex-Mex restaurant in the dusty desert town of Mesilla, New Mexico. As a botany professor at nearby New Mexico State University, and the world's leading chile pepper expert, researcher and all-around carnival barker, Bosland has the swept-back silver hair and mustache of a late-period Mark Twain crossed with the young Frank Zappa.

"Yep," I said, getting worried, "here comes that heat, right on schedule."

"Should be mid-palate," Bosland replied, watching me with the clinical detachment of an evil doctor conducting human toxicology experiments. That is if you can picture an evil doctor slurping an icy-cold Chile 'Rita, a margarita punched up with Besito Caliente, a blackberry-plus-habanero hot sauce.

My whole mouth, meanwhile, was turning into one of those controlled burns you see by highways out West.

"And it should be flat heat," Bosland said, between further slurps of his Chile 'Rita. "Kind of painted on. Not sharp like needles jabbing into your lips and tongue." He made a stabbing gesture with his fingers. "That would be more like a jalapeño."

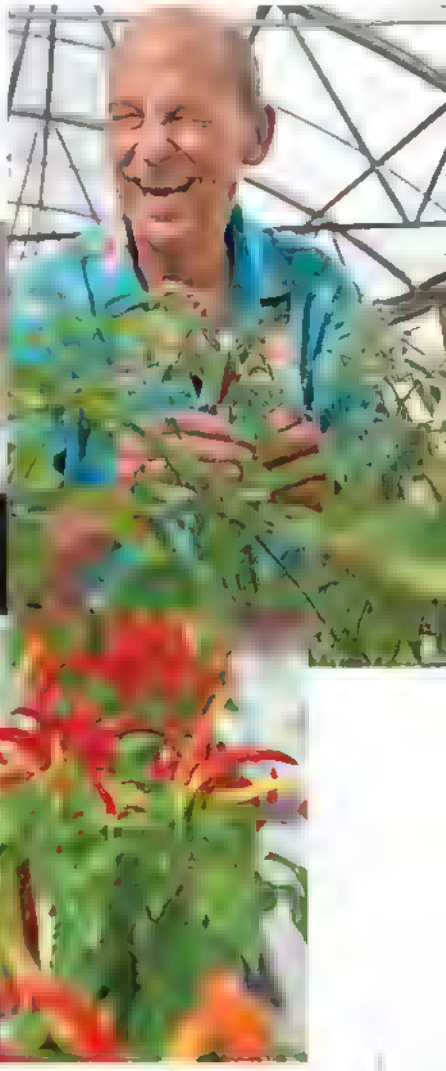
I groped for my own Chile 'Rita.

"But right... *now*," Bosland said, before I could lip the straw, "as you finish swallowing, you should feel fine again, sort of, 'I want another bite.'"

To my surprise, I did. I'd never been a spicy-food guy. Childhood trauma in a Mexican restaurant, pretty red sauce in a bowl, distracted mommy... But I'd flown to New Mexico to change that, to man up and eat some hot food and find out once and for all why people so crave chile-pepper spice. I wanted to know why hot sauces like PuckerButt, Bad Seed and Dave's Insanity Sauce are one of the fastest-growing industries in America. I wanted to know what it is about chiles that can support a New Jersey nursery devoted to them, selling 500 different chile-plant varieties (*chileplants.com*). And why thousands converge annually on the Chile Pepper Extravaganza in New Orleans put on by *Chile Pepper* Magazine (with the tagline "Live the Zesty Life"). And why untold more chile maniacs show up to sample novelties like chile-flavored edible panties at events ranging from the Diamante Peperoncino Festival in Calabria, Italy, to the New York City Hot Sauce Expo, with its promises of "live music, fire-breathers, spicy food vendors, awards show, eating contests."

New Mexico felt like the obvious place for my chile quest for three reasons: First, the official state question is "Red or green?" as in my La Posta waiter's question, "Would you like red or green chile sauce on your enchilada?" Second and third: Paul Bosland and Dave DeWitt. These two are gurus in the world of chiles and call New Mexico home. DeWitt hosts the annual National Fiery Foods & Barbecue Show in Albuquerque, which is the undisputed granddaddy of all spicy food shows. It draws 20,000 people a year for tastings of everything from hot sauces to chile-flavored cheese doodles. And Paul Bosland's Chile Pepper Institute at New Mexico State has been so successful that bleak little Las Cruces, population 99,000, now ranks as the world epicenter of chile-pepper agricultural research, attracting postdoctoral fellows from Asia, Europe and South America.

Straight from the airport, before meeting Bosland, I'd stopped for a poblano-rajas burrito that only hurt until I soaked my tongue in cold root beer (sugar being one of the known antidotes to chile



CHILE GURUS The Chile Pepper Institute in New Mexico, run by Paul Bosland (*above*), is home to about 2,000 chile varieties, many of which Dave DeWitt (*above right*) uses in his recipes

spice, second only to milk). And now, at La Posta, precisely when Bosland predicted I would want another bite, I did. Forking still more relleno into my flaming mouth, I plunged back into the pain-pleasure synergy that makes chile peppers unlike any other food.

Capsaicin, the chemical in hot chiles that we experience as spicy heat, may have evolved as a defense mechanism. All mammals have skin and mouth receptors that respond to capsaicin as if it were causing heat burns, although without actual cell damage. Birds do not have these receptors, allowing them to eat chiles, then spread the seeds far and wide.

Humans seem to have hacked this evolutionary defense, realizing it doesn't hurt us and that the tingling pain of capsaicin

FIRE IN THE BELLY
Most chiles, including the pickled jalapeños below, contain capsaicin. It's the compound that sets your mouth on fire, but preliminary research indicates that regular consumption can lower blood pressure by relaxing blood vessels.

Jalapeños in Escabeche
Recipe on page 49

Thin, flavorful skirt steak is so often used for fajitas that sometimes it's referred to as fajita steak. It stays tender if cooked quickly. If overcooked it can be tough.

can be deliciously pleasurable. Theories abound for why humans are the only mammals that seek out chiles, and also for why chiles are more common in the cuisines of hot-climate countries. Chiles do cause sweat, cooling the skin. But a more plausible explanation has to do with capsaicin's antimicrobial properties: without refrigeration in hot climates perhaps our paleolithic forebears figured out that chile peppers help to preserve meat by killing harmful bacteria. Then there's the gastronomic bungee-jump theory, the idea that it's all about extreme experience. Penn State researchers have studied this question, finding that people who enjoy sensation-seeking behaviors, such as "driving fast on a twisty road," also tend to enjoy spicy food, while cautious people prefer their food mild.

> "I ask people sometimes, 'Have you ever known anybody who's been indoctrinated who's gone back to bland?'"

Bosland leans toward a medicinal explanation, the idea that humans cultivated chiles for their pain-killing effects. "We know from an ancient Aztec codex that they would put chiles on toothaches," he says. But why we love chiles is a whole lot less important to Bosland than the plain truth that we do. His entire career, in fact, can be described as one big effort to exploit and expand that human love for capsaicin.

"I always joke, 'I put all my chiles in one basket,'" Bosland told me, of his professional life.

His laboratories have partnered with Korean and Chinese labs to sequence the chile pepper genome. And Bosland has also developed precise language for describing chile heat, which is what he applied to my experience of that chile relleno. First, there's "development," as in how fast it lights up your palate. Then there's "duration," as in how long it continues to burn. Next is "location," as in where you sense it, ranging from lip-and-tongue to the back of your throat. After that comes "feeling," like that pinpricks-versus-painted-on distinction. Finally there's "intensity," measured in Scoville Heat Units ranging from zero for sweet bell peppers up to 2,500 for the New Mexican chile inside my relleno. At more than 2 million Scoville units is the fabled Scorpion pepper of Trinidad, currently rated as the world's hottest. That makes it the chile of choice among young men like the one calling himself the L.A. Beast, who eat Scorpion peppers raw and then post videos of their physical meltdowns on YouTube, complete with slack-jawed drooling, sauna-like sweating and, sometimes, vomiting.

Bosland has also combined these metrics with flavor notes confirmed through High Pressure Liquid Chromatography, the same process used by wineries to identify what exactly makes cheap merlot, for example, taste like plum jam. The resulting Chile Pepper Flavor Wheel, a card modeled after wine-flavor wheels, offers wine-like taste descriptors, such as the "perfumy, smokey, oak hint" typical of NuMex Sunflare chiles. "I want to be the Robert Mondavi of chile peppers," Bosland told me.

Some of Bosland's colleagues consider wine the wrong model for chile-pepper market expansion. Dave DeWitt, in particular, producer of that National Fiery Foods & Barbecue Show, worries that once you go with the wine comparison, "you start using wine terminology, and everybody knows what a bunch of crap wine terminology is." It bears mentioning that DeWitt and Bosland are friends and co-authors, having collaborated on *The Complete Chile Pepper Book*. That title is just one of 35 chile-related books authored by DeWitt to date, alongside *1,001 Best Hot and Spicy Recipes* and *The Chile Pepper Encyclopedia*.

LAND OF CHILES With hot, sun-drenched days, southern New Mexico's valleys are home to miles of chile pepper farms. In the fall, roadside stands overflow with dried chiles woven into ristras and perfume the air with roasting fresh peppers.

"I found my niche, and I've been milking the same chile pepper for 30 years," DeWitt told me over a beer at what amounts to his throne room, the flower-bedecked bar of El Pinto, a 1,000-seat New Mexican restaurant with an annual chile-pepper consumption rate of about 200 tons. I'd driven up the morning after my Bosland dinner, taking I-25 north through abject desert into Albuquerque. Now, following DeWitt through El Pinto's countless dining rooms and then into its salsa factory, we talked mostly about food and recipes.

DeWitt allows that habaneros have distinctive "fruity apricot-type aroma" while dried Mexican pasillas and anchos lean toward raisin-like notes. He also told me he has 5,000 chile-related recipes in his archives, including an Indonesian water-buffalo stew called *randang*, the Yucatecan habanero salsa known as *xnipec*, or "dog's nose," and even a traditional Russian salsa (if you can imagine such a thing) mixing peppers with

chopped raw beets. "The list goes on and on and on and on, because people have deep passion for peppers. I went to a supermarket once in Malaysia and the hot sauce section had two aisles eight feet tall with hundreds if not thousands of hot sauces and curry pastes!" DeWitt marveled. He confided that he carries a little leather travel case everywhere he goes, holding vials of chile pepper to punch up the odd bland meal. "Like somebody taking their little spoon and cocaine with them," he said, leading me toward the El Pinto lunch buffet.

Dish after dish offered the choice between red and green sauces, but also the question that matters most: "Mild or hot?"

"It is a mania," DeWitt said. But it's not a passing trend. "It's been going on for so long. I ask people sometimes, 'Have you ever known anybody who's been indoctrinated who's gone back to bland?'"

In my own study, at least, with its admittedly small sample size of one, the answer came through my surprising choice on everything from the red posole to the green-chile-and-pork stew. Hot, in other words, the only option that could possibly satisfy DeWitt, Bosland and, with the demons of childhood finally put to rest, me.

DANIEL DUANE *is the author of seven books, including the memoir* Caught Inside, A Surfer's Year on the California Coast.

Apricot-Chile Glazed Salmon

h•w h•h

Makes: 4 servings
Active time: 25 minutes **Total:** 25 minutes
Cost per serving: under $4.50

A sweet-hot glaze that marries fruit and chiles makes this easy grilled salmon special. Use jam rather than preserves for a smoother, prettier glaze. Look for New Mexico chile powder in well-stocked supermarkets or online at Amazon.com

- 2 tablespoons New Mexico red chile powder
- ½ teaspoon salt
- 1¼-1½ pounds center-cut wild salmon (*see Tip, page 109*), skinned
- 3 tablespoons apricot jam

1. Preheat grill to medium-high. (*No grill? See Oven Variation, below.*)
2. Combine chile powder and salt in a small bowl. Rub onto both sides of salmon.
3. Place jam in a small saucepan; heat over medium heat, stirring, until melted.
4. Oil the grill rack. Grill the salmon 4 minutes, then turn it over. Using a pastry brush, coat the top of the salmon with the jam. Close the grill; cook until the salmon easily flakes with a fork, 3 to 5 minutes more. To serve, cut into 4 portions.

Per serving: 215 calories; 6 g fat (1 g sat, 2 g mono); 66 mg cholesterol; 12 g carbohydrate; 6 g added sugars; 29 g protein; 1 g fiber; 433 mg sodium; 613 mg potassium. **Nutrition bonus:** Vitamin A (29% daily value), Potassium (18% dv), omega-3s.

OVEN VARIATION: Prepare through Step 3. Bake in a shallow baking pan at 350°F, about 15 minutes.

The Chile Pepper Diet
Studies suggest that capsaicin may help with weight loss and fight fat buildup. In one study eating just ½ teaspoon of cayenne increased core body temperature, rewving metabolism and thus burning more calories. Participants who did not normally eat spicy foods experienced less hunger after one especially fatty and sweet food.

Duck Chiles Rellenos
Recipe on page 74

South Texas Steak Fajitas

h♥h

Makes: 4 servings, 2 fajitas (with ⅓ cup filling) each
Active time: 40 minutes
Total: 40 minutes (plus 8-24 hours marinating time)
Cost per serving: under $4.50

In the late 1970s, fajitas were "discovered" in south Texas; by now they're a Tex-Mex staple. Serve them with fresh pico de gallo, guacamole and cold beer. Bottled Italian salad dressing is a tasty (and convenient) part of the marinade. For a healthy choice, pick dressing with a short ingredient list including canola or olive oil. (Photograph: page 68.)

Steak & Marinade
- 3 fresh jalapeño peppers, stems and seeds removed
- 1 small onion, quartered
- ¼ cup fresh cilantro
- ¾ cup beer, pale ale *or* lager
- ⅓ cup Italian salad dressing
- ⅓ cup lime juice
- 1 tablespoon Worcestershire sauce
- 1½ teaspoons garlic powder
- 1 teaspoon salt
- ½ teaspoon ground cumin
- 1 bay leaf
- 1 pound skirt steak (*see Tip, page 68*)

Fajita Vegetables
- 1 tablespoon canola oil
- 3 New Mexican green chiles *or* poblano peppers, seeded and cut into ½-inch strips
- 1 medium onion, halved and cut into ½-inch-wide strips
- ⅛ teaspoon salt
- 8 6-inch flour tortillas, heated

1. **To marinate steak:** Place jalapeños, quartered onion and cilantro in a blender or food processor and blend until finely chopped. Add beer, salad dressing, lime juice, Worcestershire sauce, garlic powder, 1 teaspoon salt and cumin and puree until smooth. Stir in bay leaf. Place steak in a gallon-size sealable plastic bag and pour the marinade over it. Close and refrigerate, turning occasionally, for at least 8 hours and up to 24 hours.
2. **To grill steak:** Preheat grill to medium-high.
3. Remove the steak from the marinade and place on the grill. (Discard marinade.) Grill 3 to 4 minutes per side for medium. Remove the steak to a clean cutting board and let rest for 5 minutes.
4. **To prepare vegetables:** Meanwhile, heat oil in a large skillet over high heat until shimmering. Add chiles and onion strips, sprinkle with ⅛ teaspoon salt and cook, stirring, until blackened in spots and just softened, 4 to 6 minutes.
5. Holding your knife at a 45-degree angle to the steak, very thinly slice across the grain—this helps keep the fajita tender. Serve the steak and vegetables on a platter with the tortillas so everyone can make their own fajitas at the table.

Per serving: 467 calories; 20 g fat (5 g sat, 10 g mono); 74 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 30 g protein; 3 g fiber; 792 mg sodium; 753 mg potassium. **Nutrition bonus:** Vitamin C (218% daily value), Zinc (41% dv), Iron (29% dv), Folate (22% dv), Potassium (21% dv).

Belizean Habanero Hot Sauce

Makes: 1½ cups
Active time: 20 minutes
Total: 20 minutes
To make ahead: Cover and refrigerate for up to 2 weeks or freeze for up to 3 months. Stir before serving.

Use this bright orange hot sauce to spice up eggs, soups and seafood. To cut the heat, use a little more carrot or fewer habaneros. Scotch bonnet peppers can be substituted. (Photograph: page 68.)

- 1 tablespoon canola oil
- 1 small onion, chopped
- ½ cup chopped carrots
- 1 cup water
- 3 fresh habanero chiles, stems and seeds removed, chopped
- ¼ cup lime juice
- ½ teaspoon salt

PICK A PEPPER

HERE ARE 12 CHILES TO TRY, SOME EASY TO FIND AND A FEW EXOTIC TYPES TO HUNT DOWN. THEY ARE ARRANGED FROM MILD TO HOT, MEASURED IN SCOVILLE HEAT UNITS (SHU).

Fresh New Mexican Chile. Long pods range from mild to medium (800-2,500 SHU) and go from green to red. Ideal for stuffing.

Dried New Mexican Chile. The mature red pods are dried in the sun and used in many sauces in New Mexican cuisine. Similar heat to fresh.

Ancho. This "wide" chile is a dried red poblano (1,500 SHU) with a unique, raisiny aroma. They are mostly used in Mexican sauces.

Poblano. This large, mild pepper (1,500 SHU) is dark green and turns red when mature. It is the chile of choice for stuffing in Mexico.

Aji Limon. The yellow pods from South America have overtones of citrus. They have medium heat (2,000 SHU) and are used fresh in salads.

Padrón. Eating this Spanish pepper sautéed in olive oil is like roulette—some pods have no heat, others are medium (about 3,000 SHU).

Chipotle. Dried red jalapeños (3,000-5,000 SHU) are smoked then used in sauces. They are sold in cans in adobo sauce.

Jalapeño. This Texas favorite has medium heat (3,000-5,000 SHU) and is used in both fresh salsas and cooked sauces.

Serrano. Smaller and hotter than the jalapeño (10,000-15,000 SHU), the serrano is green maturing to red. Used similarly to jalapeños.

De Arbol. Usually ground into powder and used as a condiment, this thin hot (15,000-30,000 SHU) pod is about three inches long.

Rocoto. The quite hot (30,000-50,000 SHU) bell-pepper-shaped pods are stuffed in Peru and used in salsas in the U.S. and Mexico.

Habanero. This chile from the Yucatan is super-hot (80,000-250,000 SHU) and mainly used in hot sauces and fresh fruit salsas.

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1. Heat oil in a medium saucepan over medium heat. Add onion and cook, stirring, until soft, 3 to 4 minutes. Add carrots and water. Bring to a boil. Reduce the heat and simmer until the carrots are soft, about 10 minutes.
2. Carefully pour the mixture into a blender; let stand to cool slightly, about 5 minutes. Add habaneros, lime juice and salt; blend until smooth.

Per tablespoon: 9 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 0 g protein; 0 g fiber; 51 mg sodium; 20 mg potassium.

Duck Chiles Rellenos

h•w h•h

Makes: 4 servings
Active time: 45 minutes **Total:** 1 hour
Cost per serving: under $3
To make ahead: Prepare through Step 6 (omit almonds); refrigerate peppers and filling separately for up to 1 day. To serve, stir in almonds and finish Step 7.

The days of just stuffing chiles with cheese are over. Case in point: this duck filled relleno. This recipe also works with chicken instead of duck, use 1 cup chopped cooked chicken in Step 6. (Photograph: page 71.)

- 2 duck legs and thighs (leg quarters, about 9 ounces each)
- 4 medium poblano peppers *or* New Mexican green chiles
- 1 teaspoon canola oil
- ½ medium onion, chopped
- 1 clove garlic, chopped
- 1 cup chopped fresh tomato
- 1 tablespoon white vinegar
- ⅓ cup chopped pitted green olives
- ¼ cup slivered almonds, chopped
- 1 tablespoon raisins, chopped
- ¼ teaspoon salt
- ¼ cup reduced-fat sour cream
- Cilantro leaves for garnish

1. Preheat grill to medium.
2. Remove skin from duck legs and thighs by sliding a paring knife under it and making little cuts in the membrane to release the skin from the meat. (Discard skin.)
3. Place the duck and peppers on the grill. Grill the duck, turning occasionally, until an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, about 15 minutes. Grill the peppers, turning occasionally, until blistered on all sides, about 15 minutes total.
4. When the duck is cool enough to handle, strip the meat off the bones and finely chop. Peel the peppers and cut them open on one side to remove the seeds; leave stems intact if possible. Set aside.
5. Preheat oven to 375°F.
6. Heat oil in a large skillet over medium heat. Add onion and garlic and cook, stirring, until soft, about 2 minutes. Add tomato and vinegar and cook, stirring, until the tomato starts to break down, about 3 minutes. Stir in the duck, olives, almonds, raisins and salt. Remove from the heat.
7. Stuff each pepper with about ½ cup of the filling and place on a baking sheet. Bake until heated through, 10 to 15 minutes. Serve each relleno with 1 tablespoon sour cream, garnished with cilantro leaves, if desired.

Per serving: 201 calories; 12 g fat (3 g sat, 6 g mono); 35 mg cholesterol, 13 g carbohydrate; 0 g added sugars; 11 g protein; 4 g fiber; 400 mg sodium; 510 mg potassium. **Nutrition bonus:** Vitamin C (172% daily value).

Jalapeños in Escabeche

h•w h•h

Makes: 6 pints
Active time: 40 minutes **Total:** 1 hour (plus 4 weeks pickling time)
To make ahead: Refrigerate up to 3 months or can and store in a cool, dark place for up to 1 year. **Equipment:** 6 sterilized pint-size canning jars

Escabeche ("pickled" in Spanish) chiles, carrots and onions are popular in Mexico and other Latin American countries. Jalapeños are traditional but any small hot chile will work. Stored in the refrigerator, the vegetables stay crunchy, if canned they will be softer, but still delicious. (Photograph: page 67.)

- 2 pounds whole fresh red *or* green jalapeños *or* serranos
- ¼ cup extra-virgin olive oil, divided
- 2 cups thinly sliced onion
- 1¼ cups thinly sliced small carrots
- 6 cloves garlic
- 18 whole black peppercorns
- 1½ teaspoons salt, divided
- 3 cups white vinegar
- 3 cups water

1. Poke several small holes in the skin of the chiles with a paring knife. Heat 1 tablespoon oil in a large Dutch oven over medium-high heat. Add half the chiles, cover and cook, stirring occasionally, until the skins start to blister, 3 to 8 minutes; remove to a bowl with a slotted spoon. Add another tablespoon of oil and the remaining chiles to the pot; cook, stirring occasionally, until the skins are starting to blister, 2 to 4 minutes. Remove to the bowl. Add the remaining 2 tablespoons oil, onion and carrots to the pot and cook, stirring, until wilted, 1 to 2 minutes.
2. Dividing evenly, pack the chiles, onion and carrots into 6 pint-size jars, leaving about ½ inch space between the vegetables and the top of the jar. Add 1 garlic clove, 3 peppercorns and ¼ teaspoon salt to each jar.
3. Bring vinegar and water to a boil in a large saucepan. Carefully pour over the vegetables. Put the lids on the jars. Let cool to room temperature, then refrigerate. Or, to store at room temperature, process the jars in a boiling-water bath. (For step-by-step instructions for water-bath canning, come to *eatingwell.com/go/canning.*) Let the vegetables pickle for 1 month before serving.

Per ¼-cup serving: 20 calories; 1 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 0 g protein; 1 g fiber; 12 mg sodium; 66 mg potassium. **Nutrition bonus:** Vitamin C (38% daily value), Vitamin A (15% dv).

Web-Only Recipe! Get Dave DeWitt's Creamy Green Chile Chicken Soup recipe at **eatingwell.com/go/chilesoup**

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Stock your freezer with healthy, homemade dinners and you've got an investment you can cash in any night of the week.
Frozen

Peer into my freezer and here's what you'll find: nestled among bags of frozen fruits and vegetables are stacks of neatly labeled frozen dinners. There are casseroles, hearty soups and stews, frozen dumplings and salmon cakes. It's not that I go crazy in the freezer aisle at the supermarket stocking up on super-salty, high-fat convenience foods with ingredients I can't pronounce. These are healthy meals I've prepared and frozen over the past several months. They are my rainy-day dinner fund.

When I come home late and there are piles of mail to sort or overflowing laundry baskets, there's nothing better than knowing dinner is as simple as heating up a pan of homemade lasagna. While the heady scent of turkey sausage layered with garlicky broccoli rabe and cheese fills my home, I can make a little headway on the laundry, throw together a salad and even have a moment to sit down and relax. On nights that I need something even quicker, shrimp-and-cabbage-filled dumplings

Assets

By Carolyn Malcoun
Photography by Carin Krasner

take just 10 minutes from freezer to plate. And I love that in 5 minutes I can whip up a zesty olive-studded salmon cake that my daughter will devour while I get ready to go out for the evening.

How did I build up this frozen reserve? It's easier than you might think. Whenever I make a meal that will freeze well—casseroles, soups, stews, burgers and fish cakes are all good bets—I make a double batch. We eat half for dinner that night, then I freeze the rest. I plan these cooking projects for a weekend afternoon when I have a bit more time, and I have to make dinner only twice. The recipes on the following pages all make 8 servings—one dinner for tonight, one dinner for the freezer. Try any of them, and start building your own frozen dinner network, or just keep any of our cooks in mind.

CAROLYN MALCOUN [illegible] wrote [illegible] for the March/April issue.

GET A GOOD RETURN
Zen out folding these dumplings. Then on a busier night take them straight from freezer to table in 10 minutes flat.

Your Month of Dinners—Planned!
Our 4-week dinner plan includes these recipes & more from this issue at eatingwell.com/go/dinnerplan

Shrimp Dumplings

h•w h•h

Makes: 48 dumplings, for 8 servings
Active time: 1 hour 20 minutes **Total:** 1 hour 20 minutes
To make ahead: Prepare through Step 3; freeze for up to 3 months.
Cost per serving: under $3

These shrimp-and-cabbage dumplings make a big batch so you can freeze some for later. Serve with reduced-sodium soy sauce or mix up this quick dipping sauce: ½ cup reduced-sodium soy sauce mixed with 2 tablespoons lime juice and 2 teaspoons toasted sesame oil. To vary the filling, try ground turkey instead of the shrimp. Look for wonton wrappers in a refrigerated case—usually near tofu.

- 1¾ pounds raw shrimp (16-20 per pound; *see Tip, page 109*), peeled and deveined
- 1½ cups chopped napa cabbage
- 1 bunch scallions, chopped
- 4 small cloves garlic, chopped
- 1½ tablespoons finely chopped fresh ginger
- 4 teaspoons toasted sesame oil
- 1 tablespoon reduced-sodium soy sauce
- ¼ teaspoon ground white pepper
- 48 wonton wrappers
- Cornstarch for sprinkling
- 8 teaspoons canola oil, divided
- 2 cups warm water, divided

1. Pulse shrimp, cabbage, scallions, garlic, ginger, sesame oil, soy sauce and pepper in a food processor until finely chopped.
2. Set out wonton wrappers, a small bowl of water and a large baking sheet lined with parchment paper and sprinkled with cornstarch. Place 6 wrappers at a time on a clean work surface and spoon about 1 tablespoon filling into the center of each. Wet your finger and run it around the edge of a wrapper, fold two opposite corners toward the middle of the filling just until they overlap, then fold the other two corners over the top to form a square. Press to seal in the middle. Place on the prepared baking sheet, not letting them touch. If all the dumplings won't fit in one layer, place parchment paper between layers.
3. To freeze: Freeze uncooked dumplings, uncovered, on the parchment-lined baking sheet until solid, at least 8 hours. Once frozen, transfer the dumplings to an airtight container or freezer bag and return to the freezer.
4. To serve: Heat 2 teaspoons canola oil in a large nonstick skillet over medium heat. Add 12 dumplings (fresh or frozen) in a single layer, seam-side down and not touching. Add ½ cup warm water to the pan. Cover and cook until starting to brown on the bottom, about 8 minutes. Turn them over and cook, uncovered, until brown on the other side, about 1 minute more. Repeat with the remaining oil, water and dumplings, if desired.

Per serving: 281 calories; 9 g fat (1 g sat, 4 g mono); 129 mg cholesterol; 31 g carbohydrate; 0 g added sugars; 19 g protein; 1 g fiber; 492 mg sodium; 228 mg potassium. **Nutrition bonus:** Folate (19% daily value).

INVEST FOR THE FUTURE
This casserole takes 50 minutes to bake (from the refrigerator). What would you do with that extra time? Take a walk with your dog? Read a book? Play with your kids?

EatingWell King Ranch Casserole

h•w h•f h•h

Makes: 2 casseroles, 4 servings each (about 1¼ cups)
Active time: 1 hour **Total:** 1½ hours
To make ahead: Prepare through Step 4, cover and freeze (unbaked) for up to 3 months. Thaw in the refrigerator for 2 days. Uncover and bake at 375°F for about 50 minutes.
Cost per serving: under $3.50

This Tex Mex casserole is typically made with cans of cream-of-something soup. We've lightened it up considerably by making a homemade cream sauce and loaded it up with veggies at the same time. You'll never guess that a serving of our version has 300 fewer calories and two-thirds less fat than the original.

- 2 pounds boneless, skinless chicken breasts, trimmed
- 1 tablespoon canola oil
- 8 ounces mushrooms, chopped
- 1 medium onion, diced
- 1 medium red *or* green bell pepper, diced
- 4 cloves garlic, minced
- 4 teaspoons chili powder
- ⅓ cup whole-wheat flour *or* all-purpose flour
- 3 cups reduced-sodium chicken broth
- 1½ cups diced fresh tomatoes
- ½ cup reduced-fat sour cream
- 1 7-ounce can *or* two 4-ounce cans diced green chiles, drained
- ¾ teaspoon salt
- 12 6-inch corn tortillas, cut in half, divided
- 1 cup shredded Colby-Jack cheese, divided
- ¼ cup sliced ripe black olives, divided

FOOD STYLIST: KARE N GILL. WOMAN: PROP STYLIST: AMY PALANJIAN. LIE-DO HOME: BONNIE BRAE YELLOW LEAF. LESSON CHECK (PAGE 81): AVAILABLE AT HEATHCLERAYONS.COM. TAX: SHUTTERSTOCK

1. Preheat oven to 375°F. Coat two 8-inch-square baking dishes with cooking spray.
2. Place chicken in a large saucepan and add water to cover by 1 inch. Bring to a boil. Reduce heat and simmer until just cooked through, 10 to 15 minutes. Transfer to a clean cutting board. Dice when cool.
3. Meanwhile, heat oil in a large skillet over medium heat. Add mushrooms and onion and cook, stirring occasionally, until all the mushroom liquid has evaporated, 7 to 9 minutes. Add bell pepper and cook, stirring, until just tender, about 3 minutes. Add garlic and chili powder; stir for 1 minute. Add flour and cook, stirring, for 30 seconds. Add broth and cook, stirring, until thickened, 3 to 5 minutes. Remove from heat. Stir in tomatoes, sour cream, chiles, salt and the chicken.
4. **To assemble:** Spread 1 cup filling in each prepared baking dish. Layer on 4 tortilla halves and top with 1 cup filling. Repeat 2 more layers of tortillas and filling, ending with the rest of the filling. Sprinkle cheese and olives on top.
5. **To serve:** Bake until hot and bubbly, 20 to 25 minutes. Let stand for 15 minutes before serving. **To freeze:** Let unbaked casserole(s) cool to room temperature. Tightly wrap with heavy-duty foil (or freezer paper) and freeze. (To prevent foil from sticking to the cheese, coat with cooking spray first.)

Per serving: 356 calories; 13 g fat (5 g sat, 4 g mono); 81 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 33 g protein, 5 g fiber; 698 mg sodium; 662 mg potassium. **Nutrition bonus:** Vitamin C (52% daily value), Vitamin A (27% dv), Calcium, Magnesium & Potassium (19% dv), Zinc (16% dv), Iron (15% dv).

Salmon Cakes with Olives, Lemon & Dill

how how

Makes: 8 servings, 1 salmon cake each
Active time: 30 minutes **Total:** 30 minutes
To make ahead: Prepare through Step 3, wrap airtight and freeze for up to 3 months. Reheat at 450°F for 20 minutes or wrap in a paper towel and microwave for 2 to 3 minutes.
Cost per serving: under $4.50

Studded with briny olives, bright lemon zest and a touch of dill, these salmon cakes are amazing straight from the freezer—you just need to heat them quickly in the oven or even the microwave. Whether you serve them on a bun with lettuce and tomato or paired with a mixed green salad, try a dollop of reduced-fat mayo mixed with lemon juice on top.

- 4 scallions, quartered
- ½ cup pitted Kalamata olives
- 3 tablespoons coarsely chopped fresh dill *or* thyme
- Zest of 2 lemons
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2½ pounds wild salmon (see *Tip*, page 109), skinned and cut into 2-inch chunks
- 4 teaspoons extra-virgin olive oil, divided

1. Place scallions, olives and dill (or thyme) in a food processor and pulse until finely chopped. Transfer to a large bowl. Stir in lemon zest, salt and pepper.
2. Working in 3 or 4 batches, pulse salmon just 2 or 3 times to finely chop, but not puree. Add the chopped salmon to the bowl; gently mix until combined. (*Alternatively, finely chop salmon, scallions, olives and herbs by hand before combining with lemon zest, salt and pepper.*) Divide the mixture into 8 patties, about 3 inches in diameter and ¾ inch thick. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.
3. **To serve:** Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add 4 salmon cakes and cook until browned on both sides and just cooked through, 6 to 8 minutes total. Repeat with the remaining oil and salmon cakes.
4. **To freeze:** Let cooked cakes cool to room temperature, individually wrap in foil or freezer paper, place in an airtight container or freezer bag and freeze.

Per serving: 214 calories; 10 g fat (2 g sat, 5 g mono); 66 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 29 g protein; 1 g fiber; 339 mg sodium; 551 mg potassium. **Nutrition bonus:** Potassium (16% daily value).

FREEZE IT RIGHT

According to the USDA food-safety experts, freezing at or below 0°F "keeps food safe indefinitely," but preserving the quality of your frozen food takes a little know-how. When freezing food, you are battling two forces: air, which dries food out, and moisture, which can make it icy and soggy. Here's how to prep food for the freezer the right way:

COOL IT: Let food cool completely before freezing. If you freeze it when it's warm, it produces excess moisture; the moisture freezes and turns into ice. Plus, putting hot food into the freezer can also partially thaw other food around it.

WRAP IT: The best way to store food in the freezer is in vacuum-sealed containers or bags—removing all the air prevents moisture loss and keeps food from getting icy. The next best choice is to tightly wrap with heavy-duty foil or freezer paper. To double-protect casseroles, press a piece of freezer paper on the surface of the food before wrapping in foil or freezer paper. (Remove freezer paper before baking.) Individually wrap items like salmon cakes before storing in an airtight container or freezer bag.

LABEL IT: A freezer stocked with ready-to-go dinners does you no good if you don't know what's in there. Label and date everything that you freeze. If you're really organized, make an "eat-by" note on your calendar. Properly wrapped food should be eaten within 3 to 6 months of freezing. Vacuum-sealed food will keep for at least 1 year and sometimes even up to 2 years.

CAPITAL GAIN
Guests for dinner after work?
No problem. Heat up a crusty
baguette and pour some wine
while this eggplant parm bakes.

Frozen Assets

Eggplant Parmesan

how to

Makes: 2 casseroles, 4 servings each (about ¾ cup)
Active time: 45 minutes **Total:** 2½ hours
To make ahead: Prepare through Step 6, cover and freeze (unbaked) for up to 3 months. Thaw in the refrigerator for 2 days. Uncover and bake at 400°F for 40 to 45 minutes.
Cost per serving: under $2.50

Eggplant Parmesan doesn't have to include layers of deep-fried eggplant and mountains of cheese. This version has just enough melty mozzarella between layers of breaded baked eggplant. Don't skip the step of salting the eggplant, especially if you want to freeze one of the casseroles. Salting helps to draw out extra moisture so the eggplant holds up better in the freezer. Serve with a salad of bitter greens tossed with a red-wine vinaigrette.

- 2 eggplants (about 1 pound each), cut into 12 slices each
- 1½ teaspoons kosher salt, divided
- ¾ cup whole-wheat flour
- ¾ cup liquid egg whites or 6 large egg whites
- 2½ cups fine dry breadcrumbs (*see Tip, page 109*), preferably whole-wheat
- 3 tablespoons Italian seasoning, divided
- 4 tablespoons extra-virgin olive oil, divided
- Olive oil cooking spray
- 2 28-ounce cans crushed tomatoes (*see Tip, below*)
- 1½ cups shredded part-skim mozzarella cheese, divided
- 4 tablespoons finely shredded Parmigiano-Reggiano cheese, divided
- Fresh basil for garnish

1. Place 2 layers of paper towels on a baking sheet or cutting board. Place half the eggplant slices on the paper towels. Sprinkle with ¾ teaspoon salt. Cover with another double layer of paper towels. Top with the remaining eggplant slices and sprinkle with the remaining ¾ teaspoon salt. Cover with another double layer of paper towels. Let stand at room temperature for 1 hour.
2. Position oven racks in upper and lower positions and place a large baking sheet on each rack to heat; preheat to 425°F.
3. Blot the eggplant slices with more paper towels. Put flour in one shallow dish, egg whites in another. Combine breadcrumbs and 2 tablespoons Italian seasoning in a third dish. Dip each slice of eggplant in the flour, shaking off excess. Dip in the egg, letting the excess drip off, then press into the breadcrumbs.
4. Remove the heated baking sheets from the oven and add 2 tablespoons oil to each, tilting to coat. Place half the eggplant on each baking sheet, not letting the slices touch. Generously coat the tops with cooking spray. Bake for 15 minutes. Flip the slices over and continue baking until golden brown, about 15 minutes more.
5. Combine crushed tomatoes and the remaining 1 tablespoon Italian seasoning in a medium bowl.
6. **To assemble:** Coat two 8-inch-square baking dishes with cooking spray. Spread ½ cup of the tomatoes in each prepared baking dish. Make a layer of 6 eggplant slices over the sauce. Spread with 1 cup of tomatoes and sprinkle with ¼ cup mozzarella. Top with the remaining 6 slices of eggplant, a generous 1 cup tomatoes, ½ cup mozzarella and 2 tablespoons Parmesan.
7. **To serve:** Bake until the sauce is bubbling and the cheese is melted, about 15 minutes. Serve garnished with basil, if desired.

To freeze: Let unbaked casserole(s) cool to room temperature. Tightly wrap with heavy-duty foil (or freezer paper) and freeze. (To prevent foil from sticking to the cheese, coat with cooking spray first.)

Per serving: 294 calories; 14 g fat (4 g sat, 7 g mono); 13 mg cholesterol; 33 g carbohydrate; 0 g added sugars; 14 g protein; 9 g fiber; 459 mg sodium; 716 mg potassium. **Nutrition bonus:** Vitamin C (35% daily value), Calcium (28% dv), Potassium & Iron (20% dv).

Tip: Sodium amounts vary widely among brands of crushed tomatoes. And although it's hard to find any that are labeled "low-sodium," for the best tomato flavor we use brands that have little or no added sodium. Compare nutrition labels and choose one that has 190 mg sodium or less per ½-cup serving.

AS IT HAPPENS,
I HAVE [illegible]AN EXTRA
GEAR & [illegible]IT RUNS ON
PEANUT [illegible] BUTTER.

{ Peanuts have more energy-boosting protein than any nut }

PEANUTS:
ENERGY for the good life

Frozen Assets

Cassoulet

Makes: 8 servings, about 1¼ cups each
Active time: 1 hour 5 minutes **Total:** 4 hours 20 minutes
To make ahead: Prepare through Step 6 and freeze airtight for up to 3 months (or refrigerate for up to 3 days). Defrost overnight in the refrigerator and reheat on the stovetop or in the microwave. Prepare topping (Step 7) just before serving
Cost per serving: under $2.50

Classic cassoulet is made with a variety of fatty meats and cooked over the course of multiple days. This version of the French stew is streamlined and lightened up with the use of pork shoulder, turkey kielbasa and boneless, skinless chicken thighs. Pork butt (or shoulder) is usually sold as a larger cut of meat, but if you ask at the butcher counter, it's easy to get a smaller piece for this recipe.

- 1 pound dry small white beans (about 2 cups), rinsed
- 1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces
- 8 ounces pork butt *or* shoulder, trimmed and cut into 1-inch pieces
- 1 teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 3 tablespoons extra-virgin olive oil, divided
- 8 ounces turkey kielbasa, cut into 1-inch pieces
- 1 large onion, finely diced
- 2 stalks celery, finely diced
- 2 medium carrots, finely diced
- 1 tablespoon tomato paste
- 4 cloves garlic, chopped
- 1 tablespoon chopped fresh thyme *or* 1 teaspoon dried
- 1 tablespoon chopped fresh rosemary *or* 1 teaspoon dried
- 1 bay leaf
- 1 cup dry white wine
- 3½ cups water
- 2 cups fresh coarse breadcrumbs (*see Tip, page 109*), preferably whole wheat
- ½ cup chopped fresh parsley

1. Place beans in a large saucepan with enough cold water to cover them by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 hour.
2. Preheat oven to 325°F.
3. Sprinkle chicken and pork with ½ teaspoon salt and ¼ teaspoon pepper. Heat 1 tablespoon oil in a Dutch oven over medium heat. Add the chicken and cook, stirring occasionally, until browned, 6 to 8 minutes. Transfer to a plate. Add the pork and kielbasa. Cook, stirring occasionally, until browned, 6 to 8 minutes. Transfer to the plate.
4. Add 1 tablespoon oil, onion, celery and carrots to the pot; cook, stirring occasionally, until beginning to brown, about 5 minutes. Add tomato paste and cook, stirring, for 2 minutes. Stir in garlic, thyme, rosemary and bay leaf; cook for 30 seconds. Add wine and increase heat to high. Cook, stirring, until the wine is mostly evaporated, 4 to 6 minutes. Pour in water. Drain the beans and add to the pot; bring to a boil. Return the chicken, pork and kielbasa to the pot.
5. Cover the pot and bake until the beans are tender, 2 to 2¼ hours. Remove from the oven and season with the remaining ½ teaspoon salt and ¼ teaspoon pepper; let stand for 15 minutes.
6. **To freeze:** Transfer the cassoulet to a container with a tight-fitting lid. Let cool to room temperature with the lid off, cover and freeze.
7. **To serve:** Just before serving, make crispy breadcrumb topping. (If you're freezing half the cassoulet and serving the rest, use half these ingredients.) Heat the remaining 1 tablespoon oil in a medium skillet over medium heat. Add breadcrumbs and cook, stirring occasionally, until golden and crispy, about 5 minutes. Stir in parsley. Top each serving with about ¼ cup of the crispy breadcrumbs.

Per serving: 511 calories; 14 g fat (3 g sat, 7 g mono); 67 mg cholesterol; 57 g carbohydrate; 0 g added sugars; 35 g protein; 12 g fiber; 649 mg sodium; 1,063 mg potassium. **Nutrition bonus:** Vitamin A (60% daily value), Iron (40% dv), Folate (32% dv), Potassium (30% dv), Magnesium (28% dv), Zinc (27% dv), Calcium (16% dv), Vitamin C (15% dv).

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Frozen Assets

Broccoli Rabe & Turkey Sausage Lasagna

how hot

Makes: 2 casseroles, 4 servings each (about 1¼ cups)
Active time: 1 hour **Total:** 2 hours
To make ahead: Prepare through Step 4, cover and freeze (unbaked) for up to 3 months. Thaw in the refrigerator for 2 days. Bake, covered, at 400°F for 45 minutes; uncover and bake until the cheese is golden, 15 to 20 minutes more.
Cost per serving: under $3

This lasagna has plenty of broccoli rabe and goes light on turkey sausage, so it's lower in fat and calories than traditional lasagnas. Feel free to make one larger lasagna (in a 9-by-13-inch pan) instead of two smaller ones; just increase the cooking time a bit for the larger pan size. (Photograph: page 77.)

- 1 pound Italian turkey sausage, hot or sweet, casings removed
- 1 medium onion, finely chopped
- ¼ cup chopped garlic
- 12 cups chopped broccoli rabe, tough stems removed (about 1½ bunches)
- ½ cup water
- ½ cup red wine
- 1 tablespoon Italian seasoning
- 1 28-ounce can crushed tomatoes (*see Tip, page 82*)
- 1 14-ounce can no-salt-added diced tomatoes
- ¼ cup chopped Kalamata olives
- 1 tablespoon capers, rinsed
- 1 15-ounce container part-skim ricotta cheese
- ½ cup grated Parmigiano-Reggiano cheese
- 1 teaspoon freshly ground pepper
- 12 whole-wheat lasagna noodles (1 box), divided
- 1 cup shredded part-skim mozzarella cheese, divided

1. Preheat oven to 375°F. Coat two 8-inch-square baking dishes with cooking spray
2. Cook sausage in a Dutch oven over medium heat, crumbling with a spoon, until no longer pink, 8 to 10 minutes. Transfer to a bowl with a slotted spoon. Add onion and garlic to the pot and cook, stirring, until starting to soften, about 3 minutes. Add broccoli rabe and water and bring to a simmer; cook, stirring occasionally, until the greens are wilted and most of the water is evaporated, about 5 minutes. Add wine; increase heat to high and cook until mostly evaporated, about 3 minutes. Add Italian seasoning, crushed and diced tomatoes, olives and capers; reduce heat to maintain a lively simmer and cook for 5 minutes. Remove from heat.
3. Combine ricotta, Parmesan and pepper in a small bowl. Break enough off the end of each lasagna noodle so they can fit into the baking dish (it's OK if they don't break in a straight line); reserve the broken pieces for another use, if desired.
4. **To assemble:** Spoon ½ cup of the sauce into each prepared baking dish. Cover with 3 lasagna noodles. Dollop ½ cup of the cheese mixture on top, spreading gently. Top with about ½ cup sausage and 1 cup sauce. Repeat the layers, ending with the rest of the sauce. Sprinkle each lasagna with ½ cup mozzarella.
5. **To serve:** Coat a piece of foil with cooking spray and cover the baking dish. Bake for 30 minutes. Uncover and bake until the cheese is golden, about 20 minutes more. Let stand 15 minutes before serving. **To freeze:** Let unbaked lasagna(s) cool to room temperature. Tightly wrap with heavy-duty foil (or freezer paper) and freeze. (To prevent foil from sticking to the cheese, coat with cooking spray first.)

Per serving: 388 calories; 15 g fat (6 g sat, 5 g mono); 71 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 30 g protein; 7 g fiber; 679 mg sodium; 751 mg potassium.
Nutrition bonus: Vitamin C (49% daily value), Calcium (45% dv), Vitamin A (43% dv), Zinc (30% dv), Iron (28% dv), Magnesium (24% dv), Folate (23% dv), Potassium (21% dv).

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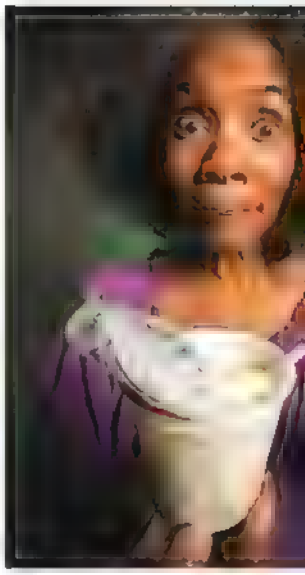

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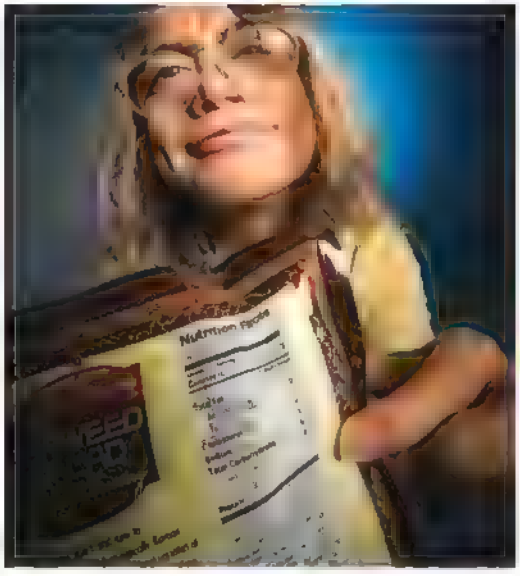
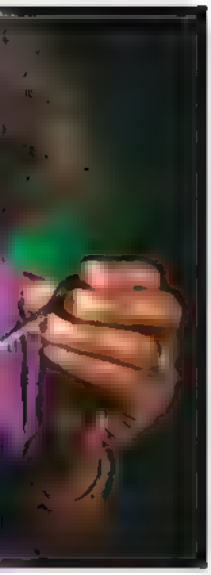
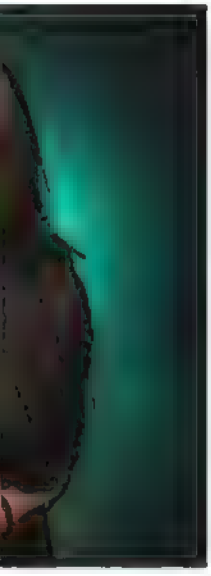
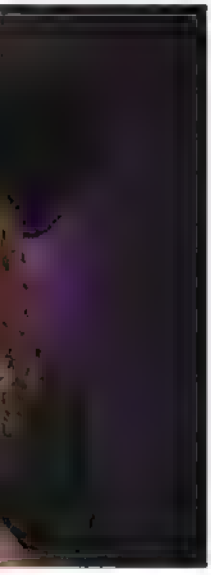

Nutrition Facts

HIGH FIBER

GRITS







THE WHOLE-GRAIN, REDUCED-FAT, ZERO-CALORIE, HIGH-FIBER, LIGHTLY SWEETENED TRUTH ABOUT FOOD LABELS

By Rachael Moeller Gorman ■ Photography by Chip Simons

I've loved food labels almost as long as I've loved food. As a child, I would scrutinize the packages of everything I ate, while I ate, to the dismay of everyone else at the table. I would quiz my younger brother on the amounts and percentages of nutrients in the foods ("Chris! How many milligrams of sodium are in this tablespoon of ketchup? CHRIS?!") and make him guess till he got it right. I scoured breakfast cereal boxes when shopping with my mom to find the healthiest option. I think, perhaps, I was a strange kid.

These days when I'm at the grocery store, I feel like I'm walking a gauntlet of flashing Las Vegas neon signs: high in protein! with omega 3 fatty acids! contains probiotics! high in calcium! whole wheat! high fiber! gluten-free! all-natural! organic!

"Research suggests that consumers believe front-of-package claims... and use them to ignore the Nutrition Facts panel."

—Marion Nestle, Ph.D. & David Ludwig, M.D., Ph.D. (Commentary in *JAMA*, 2010)

On a recent trip down the cereal aisle with my own kids, a certain box of flakes with "smart" in the name caught my eye. The front of the package extols the cereal's antioxidants. A green banner at the top exclaims "fiber" and "whole grain" in capital letters, decorated with a flourish of light-green leaves. A stamp at the bottom informs me the cereal is good for my heart and a panel of tabs at the top tells me it contains a couple of great vitamins. At least six different healthy claims caught my eye. It looked extremely wholesome.

It wasn't until I turned to the Nutrition Facts panel, where the "real" nutrition information hides, that I saw the kicker: there's more sugar in the cereal (14 grams, or about 3½ teaspoons per 1-cup serving) than there are whole-grain oats. (One of the six small tabs on the front of the package did mention sugar, but was overshadowed by everything else up there.) This "lightly sweetened" confection contained more sugar

(and calories) per cup than Froot Loops.

It seems this cacophony of heady health claims is food manufacturers' way of elbowing ahead of competitors.* "There's always a fight for foods to be different from what's out there," says Brian Wansink, Ph.D., *EatingWell* advisor, director of the Food and Brand Lab at Cornell and author of several books on the topic, such as the upcoming *Slim By Design, Mindless Eating Solutions for Everyday Life*. Companies know we want healthy options and are willing to pay for them. A recent NPD Group market analysis found that people are increasingly interested in adding "good things" to food (more is better!), as opposed to removing bad things (fat, cholesterol). So it's not surprising that the average number of "benefits" listed on the most successful new foods and beverages has increased almost 50 percent over the last decade

Health (or the appearance of health) sells. Sixty-six percent of consumers at least occasionally buy food because of a specific healthy ingredient, according to Packaged Facts consumer insights survey data. And the Hudson Institute, a nonpartisan policy research organization, found recently that lower-calorie products from such companies as General Mills, Kraft Foods and Campbell Soup drove 82 percent of sales growth from 2006 to 2011.

But companies may be tumbling toward a questionable extreme. At the end of May, Kellogg's agreed to a $4 million settlement of a class-action lawsuit that accused the company of falsely advertising Frosted Mini-Wheats as a food that improves kids' memory and attentiveness. Anyone who bought Frosted Mini-Wheats during several months in 2008 and 2009 is entitled to $5 per box back from the fund, up to $15 total. (Kellogg's admitted no wrongdoing.) Additionally, at the end of 2012, Dr. Pepper Snapple Group was sued because its Cherry Antioxidant, Mixed Berry Antioxidant and Pomegranate Antioxidant 7UP soda names are misleading, said plaintiffs. The beverages were simply sweet soda plus vitamin E at levels not shown to provide significant health benefits; they did not include any of the healthful fruits pictured on the packages. The sodas were pulled from shelves—for unrelated reasons, says the company.

BE WARY OF NUTRIENT CALLOUTS.

That tabbed banner of nutrition information emblazoned on the front of [illegible] products [illegible] granola bars, pasta [illegible] Facts Up Front [illegible] food industry-created. You'll see numbers for saturated fat, sodium, sugar and calo[illegible] as well as two "nutrients to encourage." For example: Lucky Charms cereal can tout its calcium and vitamin [illegible] even though a [illegible]-cup serving [illegible] 10 grams of sugar and marshmallows as the second ingredient. In addition, nutrient-content callouts, such as "low fat" or "cholesterol free," sometimes appear on unhealthy foods. Sure, Jujubes are a fat-free food, but they also have 18 grams of sugar per serving.

But there's more going on. Just the overall impression that you're eating a healthy product—be that because of a litany of healthy claims on the package or just a healthy-looking design—strongly influences how you perceive the food and how much of it you eat.

Surprisingly, it's not the uninformed consumer who succumbs to healthy-sounding or healthy-looking products. The people who are most influenced "are the people who care about the food being organic, or pesticide-free, or free-range, or fat-free, or non-GMO," says Wansink.

In other words, you.

The Power of Packaging

Jonathon Schuldt, Ph.D., runs a lab out of Cornell's Department of Communication. A few years ago, Schuldt, an assistant professor who studies health claims and food labeling, noticed the increasing number of health-related labels, like calorie labels, on the front of food packages: "A lot of them are candy company products, and I thought it was interesting that the color of the calorie label was green."

Green can mean a lot of things, thought Schuldt: natural, environmental, healthy and "go." But not, usually, candy

So he decided to do a study. He sat students down at PCs in his computer labs and told them a story. He said, imagine you're waiting in the checkout lane of a grocery store, and you're hungry. You notice a candy bar (shown on the computer screen), and on the front of the wrapper is a label showing the calorie content. Look carefully at the candy bar and answer the questions below it.

A HISTORY OF FOOD LABELS By Hemi Weingarten, *Fooducate.com*

1862: President Lincoln launches the Department of Agriculture and the Bureau of Chemistry, the predecessor of the Food and Drug Administration

1906: The original Food and Drugs Act is passed. It prohibits interstate commerce in misbranded and adulterated foods, drinks and drugs

1924: The Supreme Court rules that the Food and Drugs Act condemns every statement on a product's label that may mislead or deceive, even if technically true

1950: Oleomargarine Act requires prominent labeling of colored oleomargarine, to distinguish it from butter. (Yes, swindlers tried to sell folks cheap margarine in the guise of butter.)

1958: Food Additives Amendment enacted requiring manufacturers of new food additives to establish safety. Manufacturers were required to declare all additives in a product

*Formulations/packaging are always changing; check what's on the shelf for the most up-to-date nutrition information.

READ THE FINE PRINT.

In a 2010 report, "Food Labeling Chaos," the Center for Science in the Public Interest said that many ingredient lists are intentionally unclear. "They are often printed in small, condensed type, and many manufacturers use all capital letters that studies show are more difficult to read than [a combination of] upper and lower case letters. ... some companies print the list in various colors of ink against poorly-contrasting backgrounds or insert the ingredient list in a fold or other area where it will not be visible unless the consumer makes an extra effort to reveal the list."

A FINE LINE If you're not well-versed in FDA food-labeling regulations (and, really, who is?), it's hard to distinguish among the various types of "health claims" that appear on food products. But, in fact, there are nuances in regulation behind them. Here we explain the differences—and highlight which ones are worth paying attention to.

THE CLAIM	WHAT IT IS	EXAMPLE	WHAT TO KNOW
	Links a nutrient to a health condition or disease.	**"Calcium may reduce risk of osteoporosis."**	Must be preapproved by the FDA. Only 24 of such claims are authorized for foods—and all are supported by strong scientific evidence. The food also can't be too high in unhealthy substances. These claims are reliable.
Nutrient Content	Tells how much of a particular nutrient a food contains—low, high, reduced, free, etc.	**"A good source of calcium" or "high in calcium."**	Less regulated. May be used without FDA review, but FDA defines the level of each nutrient that constitutes "high," "low," etc. These claims are reliable.
	Describes the effect of a nutrient on the normal function of the body (with no reference to disease).	**"Helps support your immunity." Or "calcium builds strong bones."**	Least regulated. Manufacturers self-police to ensure claims aren't misleading. They also must have research to support the claim in the (unlikely) event that the FDA asks for evidence. These claims are less reliable.

The candy bar was the same, but half the students saw calorie labels in green and half saw them in red. After studying the picture and answering the questions, students rated the healthiness of the bars. The results: overall they believed the green-labeled candy bars were healthier than the red ones, even though they had the same number of calories.

Next, Schuldt compared green labels to white ones, this time in an online survey, and also asked the subjects several questions that sussed out how health-conscious they were. Turns out, the people who reported being really health-conscious judged a candy bar to be more healthful when it bore a green label. In people who weren't health-conscious? No effect at all. Schuldt writes that "consumers who are motivated to choose healthy foods, in particular, may be swayed by green nutrition labels."

The phenomenon extends beyond health claims. Schuldt also found that people who care about their own health or the environment also perceive foods labeled "organic" or "fair trade" to be *lower in calories*. Although, of course, calories are absolutely unrelated to whether something is organic or whether workers are treated properly.

"You get a halo: healthy is good, ethical is good, so ethical must be healthy. It's faulty logic," says Schuldt. So, people who care about being healthy, who want to make healthy choices, are more likely to be swayed by a healthy-looking label. And the biases are not just theoretical.

Last spring, Harvard Law School's Food Law Society sponsored a conference called the Forum on Food Labeling. Mostly it dealt with the legality of labeling and how to regulate it, but, near the end, Harvard School of Public Health researcher Christina Roberto, Ph.D., a psychologist and epidemiologist who studies public health policies to reduce obesity, riveted the crowd with a series of studies on labels and how they wheedle their way into our perceptions and change our behavior. One such study used a chocolate bar as its divining rod. The researchers recruited 51 students, divided them into three groups, gave two groups a piece of the same chocolate bar, but framed the bar in different ways: the people in group 1 ate "a new health bar containing high levels of protein, vitamins and fiber and no artificial sweeteners," the people in group 2 ate "a chocolate bar that is very tasty and yummy with a chocolate raspberry core" and the people in group 3 were the controls, receiving no bar. Subjects filled out surveys on how the bars tasted, how healthy they were and how hungry they felt before and after the snack.

The people who ate a "healthy" bar later reported being hungrier than those who ate a "tasty" bar, and even hungrier than those in the control group who ate nothing. So the researchers took this work one step deeper. They gave 62 different subjects a quarter-slice of bread, framed as either "nutritious, low-fat and full of vitamins" or "tasty, with a thick crust and soft center." The subjects rated how healthy their bread was, after which they left the room and the experimenter told them the study was over.

Right afterward, the experimenters put the subjects in another room for an ostensibly unrelated study, filling out a

A HISTORY OF FOOD LABELS (CONTINUED)

1958: FDA publishes the first list of food substances and additives generally recognized as safe (GRAS)

1966: Fair Packaging and Labeling Act requires a consumer products in interstate commerce to be honestly and informatively labeled, including food

1980: The United States Department of Agriculture (USDA) and Department of Health and Human Services (HHS) publish the 1980 Dietary Guidelines for Americans. The guidelines are to be updated every 5 years. In 1980 there were 7 simple guidelines. In 2005 there were 41 recommendations in a 71-page booklet

1990: Nutrition Labeling and Education Act (NLEA) passes. It requires all packaged foods to bear nutrition labeling and all health claims for foods to be consistent with terms defined by the Secretary of HHS. As a concession to food manufacturers, the FDA authorizes some health claims for foods. The food ingredient panel, serving

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Every Woman's Edge

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questionnaire about their study habits. There were bowls of large pretzels on the table and the researchers said they were left over from another study and the participants could grab a few while answering the questions. But, as I'm sure you can guess, the original study had never ended. The subjects snacked as they filled out the form, and after they left, the researchers counted and weighed the remaining pretzels to see how much they ate.

Turns out, subjects who got the "healthy" bread ate significantly more pretzels later on than those who ate the "tasty" bread (exactly the same bread). The only difference? The perception, the claims.

"These labels influence your perception of hunger, and that, in turn, leads to how much you're actually eating," Roberto said at the conference. "So this is a chain that's really impacting consumer behavior."

It goes still further than behavior. At the Yale Clinical Research Center in 2010, 46 people were hooked to an IV and fed a milkshake. Before they drank it, half of them saw a pastel purple and blue label with a practical font and a suggestive hourglass shape. The shake was called a "Sensi-Shake," with "Guilt Free Satisfaction" emblazoned on the front. A front-of-pack tab showed "0% fat, 0 added sugar, and 140 calories!" The other group of participants saw a shake called "Indulgence," with a deep-red label and the phrase "Decadence You Deserve." No health claims were made on this one, though the Nutrition Facts panel listed 620 calories per serving and the descriptor on the front said the shake was smooth, creamy, rich and delicious.

Of course, it was the same shake and it contained 380 calories. The researchers were testing subjects' blood for ghrelin, a hormone that is secreted from an empty stomach and travels to the brain, where it binds to receptors and makes you feel hungry and want to eat. As you eat, and the gastrointestinal tract detects nutrients, ghrelin is suppressed, which tells the brain to reduce appetite and make you feel full. But research shows the relationship is not that simple.

In people with the "indulgence" mindset, ghrelin increased steeply as they hungrily anticipated drinking the shake, and then fell precipitously after they consumed it. They craved it, and then were satisfied and full afterward

But in people with the "sensible" mindset, ghrelin levels were completely different: fairly flat. After consumption, the participants did not feel physiologically satisfied, even though they drank the same number of calories as the indulgence group. Based on the participants' ghrelin response, you'd think the two groups actually drank different beverages. What you think about what you're eating may have as big an effect on your appetite as what you're actually consuming.

"This is why we need to care a lot about these labels," said Roberto during her talk.

HIGH FIBER
DON'T BELIEVE HIGH-FIBER FIBS.
Sixty-six percent of consumers look for the phrase "high fiber," according to Technomic, a food-industry consulting firm. Yet the product might be "high fiber" because it contains isolated fibers in the form of purified powders, such as maltodextrin. These fibers don't have the same beneficial health effects as intact fibers from whole grains, fruits and vegetables. Other faux fiber names: oat fiber, wheat fiber and oat hull fiber.

Nutrition Puffery

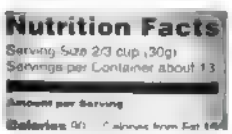
Food packaging has a long history, but it wasn't until 1994 that companies were forced to present standardized nutrition and health information on practically all food packages. The Nutrition Facts panel was added and statements like "low sodium," "high fiber," "reduced fat" were regulated. Additionally, the term "healthy" may only be used if a food meets certain requirements—such as low fat, low sat fat, low sodium, low cholesterol and contains at least 10 percent of your daily value for certain nutrients. Further, the FDA regulates a spectrum of so-called "health claims"—some more stringently than others (*see "A Fine Line," page 92*).

With the recent proliferation of claims on packages, though, "we've seen the emergence of claims that may not provide the full picture of their products' true nutritional value," said FDA Commissioner Margaret Hamburg, M.D., in a 2009 speech at the National Food Policy Conference. She added, "It will be important to reestablish a science-based approach to protect the public...." So in 2010 the FDA sent warning letters to 17 food manufacturers for violating various labeling regulations. Transgressions included Nestle's Drumsticks ice cream cones claiming 0 grams trans fat

A HISTORY OF FOOD LABELS (CONTINUED)

sizes and terms such as "low fat" and "light" are standardized. This is pretty much the nutrition label as we know it today.

1994: Nutrition Facts panel, basic per-serving nutritional information, is required on most foods



under the NLEA of 1990. Food labels are to list the most important nutrients in an easy-to-follow format.

1995: American Heart Association initiates a food certification program including AHA's Heart-Check symbol to appear on certain foods. Criteria are simple—low in saturated fat and cholesterol for healthy people over age 2. And a certification payment to AHA by the food manufacturer

2002: The 2002 Farm Bill requires retailers provide country-of-origin

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SAVORY HERB CORN MUFFINS

Makes 12 servings

Ingredients

- Cooking spray
- tablespoon olive oil
- cup finely diced onion
- cup finely diced mushrooms
- cup finely diced red bell pepper
- cup chopped fresh spinach
- (14-to-17-ounce) box corn muffin mix
- 6 ounces Cabot Seriously Sharp Cheddar or Cabot Sharp Light Cheddar, grated (about 1½ cups,*
- tablespoon dried thyme leaves
- teaspoon dried rosemary crumbled
- cup Cabot 2% Plain Greek-Style Yogurt
- 2 large eggs

1 Preheat oven to 400° F. Coat insides of 12-hole muffin tin with cooking spray.

Heat oil in large skillet over medium high heat. Add onions, mushrooms and red peppers and cook, stirring often, until tender, about 5 minutes. Add spinach and cook until spinach wilts, 1 to 2 minutes longer, set aside.

3 In large bowl, stir together muffin mix, cheese, thyme and rosemary; stir in yogurt, eggs and reserved vegetables until no dry mixture remains. Fill each muffin cup about two thirds full.

4 Bake for 15 to 20 minutes or until golden brown on top and toothpick inserted in center comes out clean.

NUTRITION ANALYSIS: [illegible] Saturated Fat 4g, Cholesterol 45mg, Sodium 479mg, Carbohydrate [illegible]g, Dietary Fiber 1g, Protein 9g, Calcium 196mg.

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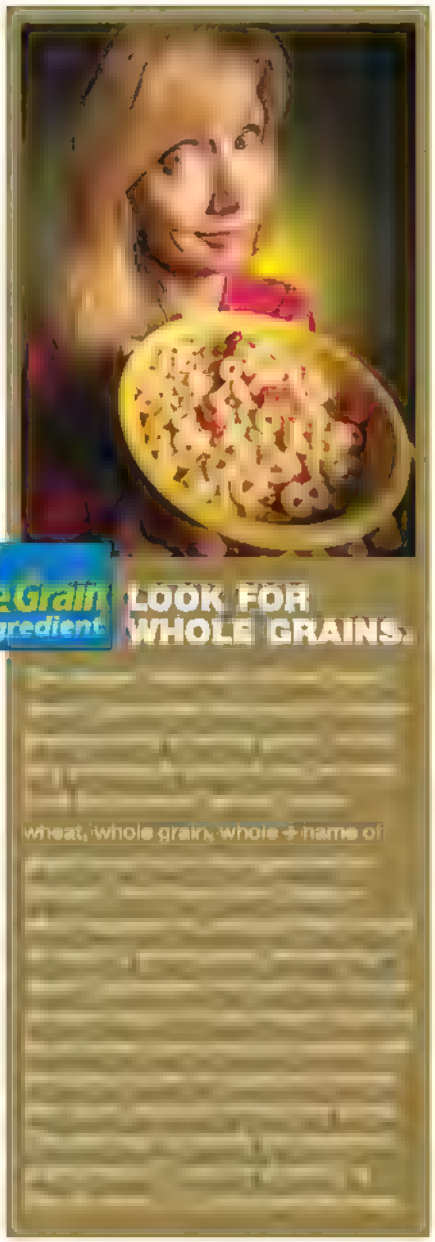
on the front of the package, but not pointing consumers to its high levels of saturated and total fat levels. And products claiming to be "healthy" when not meeting the FDA's criteria for the claim.

A quick jaunt through the grocery store reveals packages that boast plenty of health-related claims, some taking advantage of the loose regulations. This isn't surprising when you consider studies have shown consumers can't tell the difference between rigorous health claims and flimsier so-called structure/function claims (*see "A Fine Line," page 92*). In addition, consumers prefer those lighter, more sexy-sounding claims because they sound more positive: Take Green Giant's "healthy vision" vegetables "with natural antioxidants Lutein & Vitamin A to help support healthy eyesight," complete with rosemary butter sauce. This product helps eyesight no more than any other similar vegetable assortment, but the packaging makes you think it's much better for you



A Confusing Morass

The newest initiative is front of package labeling. It aims to create some kind of standardized system that can be placed on all products to give the consumer a sense of how one product compares nutritionally to another product. The first big push for front-of-package labeling came in 2009, when Kellogg's partnered with several other major food companies, such as Kraft and Unilever, to create the Smart Choices program. With Smart Choices, a green checkmark adorned "healthy" food packages. But "healthy" was defined solely by the consortium, and after it came out, experts started questioning how nutritious some of the "healthy" foods were. Roberto and others did a study showing that 64 percent of "Smart Choices" did not meet standardized nutrition criteria for a healthy food. After a congresswoman and attorney general called for investigations into the program and by the time Roberto's study was published, the program had been pulled. It lasted less than a year

A HISTORY OF FOOD LABELS (CONTINUED)

(COOL) labeling for fresh beef, pork and lamb. After repeated debilitation and stakeholder pressures, the law finally went into effect only 7 years later on March 16, 2009, and even then with many loopholes.

2003: Announcement made that FDA will require food labels to include trans-fat content. Labeling went into effect in 2006.

2003: The FDA announced plans to permit the manufacturers of food products sold in the United States to make health claims that are supported by less than conclusive evidence. From "significant scientific consensus"

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The timing seemed perfect, then, when the FDA swooped in, in 2010, and announced plans to develop a standardized front-of-package label and appointed the Institute of Medicine (IOM) to develop criteria and a design for such a label. But before FDA could issue its own ruling on the matter, the Grocery Manufacturers Association and the Food Marketing Institute suddenly implemented their own front-of-pack label in 2011, surprising many. Called Facts Up Front (originally called Nutrition Keys), the label displays nutrition information on the front of a product in a series of tabs, and it is emblazoned on many packaged foods today (see sample image on page 90). The label features four basic nutrient categories: calories, saturated fat, sodium and sugars. But it also can include up to two "nutrients to encourage."

"From a public health point of view, it isn't the best strategy," said Roberto. "The companies have the ability to cherry-pick nutrients to highlight on foods that may not be so good for you."

Some grocery stores are developing labeling programs, too, which appear on shelf tags: Hannaford was the first, launching its Guiding Stars system in 2006. And other grocery stores have since followed suit with either their own rating systems or the independent scoring system called NuVal. (*See "A History of Food Labels," page 90, for more information.*)

"So now you've got labels on packaging, companies' own labels, shelf tags in the supermarket. What a mess," says Roberto.

Cutting Through the Clutter

Roberto muses on her fears for the future of packaging. "As a society, we're becoming more and more conscious of obesity and poor diet, and what I'm worried about is that companies are going to capitalize on that by doing more marketing around health," she says. "The problem is, they won't be marketing healthy food, necessarily. They'll be touting the health attributes of unhealthy products."

Food companies frame their product with its package. They control how we think about the food inside, whether we expect it to be healthy or not, how tasty we think it will be, how much we eat in a sitting, and even how hungry it will make us. And packages are very alluring.

Perhaps, then, we are better off eating things that don't need labels. If you do eat labeled food (and let's be honest, we all

DON'T JUDGE A PRODUCT BY ITS NAME.

To get around FDA labeling regulations (which don't cover product names), companies create wholesome monikers for their unhealthy foods and beverages. Vitamin Water, for example, is basically sugar water (31–32 g sugar per bottle) with some vitamins thrown in. Other health-evoking product names include thinkThin nutrition bars, SmartFood popcorn and Snackwell's snacks.

A HISTORY OF FOOD LABELS (CONTINUED)

before a claim can be made. Industry can now rely on "some scientific evidence" or "very limited and preliminary scientific research" to make a health claim. Opponents criticize it as opening the door to ill-founded claims. Advocates believe it will make more information available to the public.

2004: PepsiCo launches SmartSpot—designating the "more nutritious" of its products with an easy-to-spot symbol on the package front. Baked Doritos in. Fried Doritos out. The following year Kraft launches a similar initiative, called Sensible Solutions.

2006: Hannaford Supermarkets launches Guiding Stars intended to help customers

Crunchy Almond Apple Wrap

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vegetarian

1 6-inch whole wheat flour tortilla
2 tbsp Once Again Creamy Almond Butter
1 tsp Once Again Raw Flower Honey
1 tbsp light mayonnaise
1 tsp orange juice
½ cup small diced apple
6 red grapes, quartered
1 tbsp raisins
1 tbsp slivered almonds

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Spread the almond butter evenly on the tortilla. Drizzle the honey over the almond butter. Whisk together the mayonnaise and orange juice. Toss the apples, grapes, raisins, and almonds in the dressing. Mound the apple mixture on top of the almond butter. Roll up the tortilla burrito-style. Enjoy!

NUTRIENTS PER SERVING (1 wrap) **CALORIES:** 481 **TOTAL FAT** 29.2g, **SAT. FAT:** 3.3g, **CHOLESTEROL:** 5mg, **SODIUM:** 378mg **CARBS:** 51.9g, **FIBER:** 5.1g, **SUGARS:** 19.2g, **PROTEIN:**

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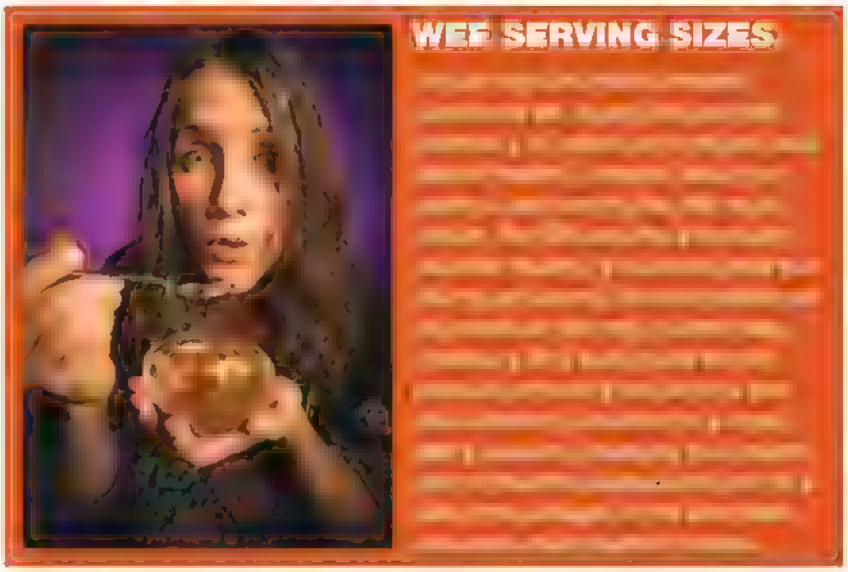

do), buyer beware: the marketed "better-for-you" version isn't always healthier. In fact, indulging (moderately) in the "regular" version might just be the best choice.

Back at the supermarket, I push my cart away from the center of the store toward the outskirts, where the whole foods are. It may be unrealistic to think of a world where food doesn't exist in packages, but there are places with fewer packages: community co-ops, farmers' markets. The produce section. I pick up some green apples and put them in my own bag. I want to eat food I can label myself.

RACHAEL MOELLER GORMAN's *feature "Solving the Sugar Puzzle" (September/October 2012) won a James Beard Journalism Award in the Health and Well-Being category.*

A HISTORY OF FOOD LABELS (CONTINUED)

choose healthy foods. Foods are ranked 0 to 3 stars, with three stars awarded to most nutritious foods. Only 20% of the supermarkets' stocked items are starred, but sales of these items increase by several percentage points.

2007: Kellogg's launches Nutrition at a Glance. Front-of-package information includes daily percentage values for 6 nutrients. Mars, Inc. follows suit in 2009.

2008: NuVal announced—the nutritional value (NuVal) system scores food on a scale of 1 to 100. The higher the NuVal Score, the higher the nutrition of a food product. The score is based on a complex and patent-pending Overall Nutritional Quality Index (ONQI) that takes into account 30 different nutrients.

2009: Giant Food, Stop & Shop, SuperValu and United Supermarkets all launch nutrition shelf signage for a portion of their products.

2009: Smart Choices launches formally with several hundred products labeled with the green checkmark. Froot Loops becomes the poster child for everything wrong with an industry-backed nutrition rating system.

2009: The FDA sends a "Dear Manufacturer" letter to Smart Choices and other front-of-pack nutrition rating programs stating its concern with the potential to mislead consumers. A week later the Smart Choices program suspends itself.

2010: Whole Foods adopts ANDI Rating System, a new "Aggregate Nutrient Density Index" rating system for foods. Without much followup to this plot, it seems to have fizzled away.

2010: The Institute of Medicine recommends only 5 values be displayed on front-of-pack labels: calories, saturated fat, trans fat, sodium and added sugars.

2010: The USDA requires cuts of meat to display nutrition on the package as well, starting in March 2012.

2011: The Grocery Manufacturers Association announces Nutrition Keys (now called Facts Up Front), a new front-of-pack labeling system, just months before the FDA is to issue its guidance to industry on the matter. Preemption anyone?

2012: Walmart launches its "Great for You" seal of approval. The standards are the most stringent to be seen from the food industry so far.

Smart Shopping For more on how to read food labels visit eatingwell.com/go/labels

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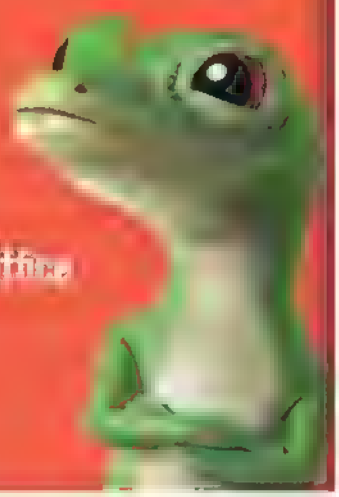

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At your next gathering, serve chili family style—right from the pot—with lots of different toppings. Go for classics, such as cheese, sour cream and hot sauce. Add plenty of fresh options, too: scallions, jalapeños, onion, radishes, avocados and cilantro.

Chili: The Ultimate No-Sweat Party Food

There's nothing more enticing than walking into the kitchen and taking in the heady scent of onion, garlic and chili powder from a big pot of chili bubbling on the stove. And if you're throwing a party, serving up steaming bowls of chili with all the fixings is a fun, casual way to serve a crowd. Worried that chili isn't good for you? Don't be. We've got three tricks to keep it healthy but still hearty: First, we start with lean meat (or none at all); second, we slip in at least 3 cups of fresh vegetables to boost fiber; third, we add whole-grain bulgur to replace some of the meat and slash saturated fat while keeping portion size satisfying. Follow our step-by-step formula (*page 104*) to make Cowboy Beef & Bean Chili (*above*) or try one of our five other flavor combos. And don't forget to whip up a batch of whole-grain cornbread (*see page 106*). Anyway you stir it, it's time to get out your pot and cook up some chili. —***Hilary Meyer***

Chili Off the Charts

Follow Steps 1-5, using the ingredients from the chart, to make one of these 6 chili recipes. Once you get the hang of this formula, try mixing and matching meats (or meat substitutes), vegetables, seasonings, canned goods and liquids to suit your taste.

Step 1 Start with lean meat (or none at all). Heat **3 tablespoons extra-virgin olive oil** in a Dutch oven over medium-high heat. Add **meat or TVP** (*see chart*), **1 diced large onion** and **4 minced garlic cloves**. Cook, stirring, until the meat is no longer pink, 3 to 5 minutes.

Step 2 Load it with vegetables. Add **3 to 4 cups fresh vegetables** (*see chart*), reduce heat to medium and cook, stirring frequently, until the vegetables start to soften, 5 to 7 minutes.

Buffalo & Black Bean	1 pound ground buffalo (bison)	3 cups chopped red bell pepper (about 2 large)	2 tablespoons ancho chili powder 2 tablespoons unsweetened cocoa powder 1 tablespoon chili powder	1 teaspoon instant espresso (*or* coffee) powder ¾ teaspoon salt ⅛ teaspoon cayenne pepper
White Turkey	1 pound 93%-lean ground turkey	3½ cups diced zucchini (2 medium)	2 tablespoons dried oregano 4 teaspoons ground cumin ½ teaspoon ground coriander	½ teaspoon white pepper ¼ teaspoon salt
Lamb & White Bean	1 pound lean ground lamb (*see Tip, page 109*)	4 cups diced eggplant (about 1 small)	3 tablespoons chili powder 2 tablespoons paprika 2 teaspoons ground cumin 1 teaspoon ground cinnamon	1 teaspoon salt ¼ teaspoon ground allspice
Tomatillo & Pork	1 pound lean ground pork (*see Tip, page 109*)	3 cups chopped husked tomatillos (about 1 pound) 1 cup chopped poblano pepper (2 medium)	2 tablespoons minced chipotle chiles in adobo sauce 3 tablespoons dried oregano	2 teaspoons ground cumin ½ teaspoon salt
Cowboy Beef & Bean	1 pound 90%-lean ground beef	3 cups diced mushrooms (8 ounces)	2 tablespoons Worcestershire sauce 2 tablespoons ancho chili powder 1 tablespoon chili powder	1 tablespoon paprika 2 teaspoons ground cumin ½ teaspoon salt
Vegetarian	¾ cup TVP (*see Tip, page 109*)	3 cups sliced okra (about 8 ounces) 1 cup fresh *or* frozen corn kernels	2 tablespoons chili powder 1 tablespoon paprika 2 teaspoons ground cumin 2 teaspoons garlic powder	1 teaspoon ground chipotle pepper ½ teaspoon salt ⅛ teaspoon cayenne pepper

Step 3 **Add fiber-rich bulgur.** Add **⅓ cup bulgur** and **seasonings** (*see chart*) and cook, stirring until the spices are aromatic, 30 seconds to 1 minute

Step 4 **Watch the salt.** Stir in lower-sodium **canned goods** and **liquid(s)** (*see chart*)

Step 5 **Simmer low and slow.** Bring the chili a boil. Reduce to a simmer, partially cover and cook, stirring occasionally, until the liquid is reduced and thickened, about 50 minutes. ***In a hurry?*** *Use half the liquid and simmer for 20 to 25 minutes instead.*

	2 15-ounce cans no-salt-added black beans, rinsed 1 14-ounce can no-salt-added diced tomatoes	4 cups reduced-sodium beef broth	390 calories; 15 g fat (4 g sat, 8 g mono); 45 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 27 g protein; 12 g fiber; 731 mg sodium; 1,059 mg potassium.
	2 15-ounce cans no-salt-added white beans, rinsed 2 4-ounce cans green chiles, mild or hot	4 cups reduced-sodium chicken broth	356 calories; 14 g fat (2 g sat, 5 g mono); 43 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 26 g protein; 10 g fiber; 722 mg sodium; 880 mg potassium.
	2 15-ounce cans no-salt-added small white beans, rinsed 1 14-ounce can no-salt-added diced tomatoes	4 cups water	364 calories; 14 g fat (3 g sat, 8 g mono); 43 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 24 g protein; 14 g fiber; 561 mg sodium; 945 mg potassium.
	1 15-ounce can no-salt-added pinto beans, rinsed 1 15-ounce can hominy (white or yellow), rinsed 1 14-ounce can no-salt-added diced tomatoes	4 cups reduced-sodium chicken broth	350 calories; 13 g fat (3 g sat, 6 g mono); 44 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 24 g protein; 10 g fiber; 718 mg sodium; 952 mg potassium.
	2 15-ounce cans no-salt-added kidney beans, rinsed	3 cups reduced-sodium beef broth 1 12-ounce bottle lager-style beer	393 calories; 14 g fat (4 g sat, 8 g mono); 49 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 27 g protein; 15 g fiber; 593 mg sodium; 1,044 mg potassium.
	1 15-ounce can no-salt-added kidney beans, rinsed 1 15-ounce can no-salt-added black beans, rinsed 1 14-ounce can no-salt-added diced tomatoes	4 cups vegetable or "no-chicken" broth 2 cups water	343 calories; 9 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 50 g carbohydrate; 0 g added sugars; 19 g protein; 17 g fiber; 590 mg sodium; 1,155 mg potassium.

Each chili makes 6 servings, about 1½ cups each.

Cornbread in a Jiffy

[illegible] sweetness of fresh corn kernels, which also help to boost fiber and keep it delectably moist. See for yourself. We think it stacks up pretty well.

Make Your Own Mix

While convenient, many boxed cornbread mixes contain partially hydrogenated fat and/or oil and plenty of salt. When you make a batch of your bread, whisk together enough dry mix for a triple or quadruple recipe and keep it on hand in your freezer. For each batch of bread, combine 2 cups dry mix with the liquid ingredients.

Replace Butter with Corn Kernels

Pureed corn kernels do three things in this recipe: they replace some of the butter to slash saturated fat while keeping the bread ultra-moist, they add fiber and they infuse the bread with a naturally sweet corn flavor.

The Whole-Grain Swap

To add 2 grams of fiber per serving to this tender cornbread versus a traditional recipe, use whole-grain cornmeal instead of traditional yellow cornmeal and white whole-wheat flour instead of all-purpose white flour. Look for whole-grain cornmeal in the natural-foods section of most supermarkets or in natural-foods stores. We like "fine-" or "medium-" ground cornmeal for this recipe.

Quick Breads for Fall
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Whole-Grain Cornbread

45

Makes: 9 servings
Active time: 10 minutes
Total: 45 minutes
To make ahead: Cool and store airtight at room temperature for up to 1 day or refrigerate for up to 3 days. Reheat if desired.

This whole-grain cornbread is quick enough for a weeknight. Serve the leftovers with a drizzle of honey for a treat or with scrambled eggs for breakfast. If you don't want to pull out your food processor, you can skip pureeing the corn in Step 2 and instead whisk an 8-ounce can of creamed corn with the egg, milk, oil and sugar before combining with the dry ingredients.

- 1¼ cups yellow cornmeal, preferably whole-grain
- ¾ cup white whole-wheat flour or all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup corn, fresh or frozen, thawed
- 1 large egg
- ¾ cup low-fat milk
- 3 tablespoons canola oil
- 3 tablespoons honey or sugar

1. Preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray.
2. Whisk cornmeal, flour, baking powder and salt in a large bowl. Pulse corn and egg in a food processor or blender until almost smooth. Add milk, oil and sugar (or honey); pulse until combined. Add the liquid ingredients to the dry ingredients and stir until just combined. Scrape the batter into the prepared pan, spreading evenly.
3. Bake the cornbread until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Let cool in the pan on a wire rack for at least 10 minutes. Serve warm or at room temperature.

Per serving: 188 calories; 6.0 fat (1 g sat, 3 g mono); 22 mg cholesterol; 30 g carbohydrate; 6 g added sugars; 5 g protein; 3 g fiber; 209 mg sodium; 147 mg potassium.

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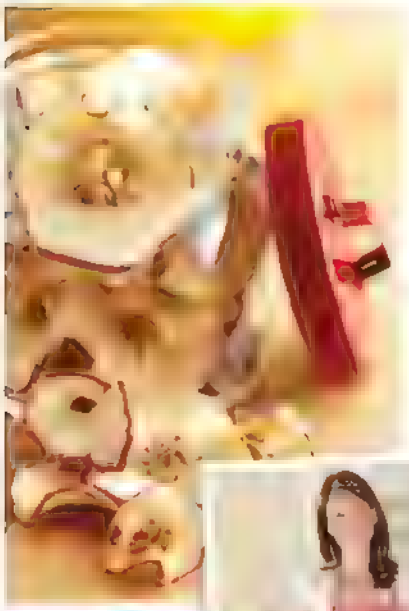

Send your healthy-cooking questions to **Test Kitchen Manager Stacy Fraser** at *askus@eatingwell.com*

I want to try drying apples at home. Do I need a food dehydrator? —*M. Pearl, Olympia, WA*

Dried apples are easy to make at home without a food dehydrator. And apple chips, a crispier version of dried apples, are just as simple.

Here's how to do it in a home oven:

1. Position oven rack in the upper and lower third of the oven; preheat to 200°F. Line 2 large baking sheets with parchment paper.
2. Combine 4 cups **water** and ½ cup **lemon juice** in a medium bowl. (*The lemon juice helps prevent browning.*)
3. Using a sharp knife or a mandoline (if you have one), slice **2 large apples** as thin as possible, about ⅛ inch thick. (*We skip peeling and coring because we like the look of the dried skins and the pretty pattern the core makes in the center.*) Soak the slices in the lemon water for 30 minutes. Drain and pat the slices as dry as possible with paper towels (or clean kitchen towels). Place on the prepared baking sheets in a single layer.
4. Bake the slices for 1 hour. Remove from the oven and turn each slice over; return the pans to the oven. Bake 1 more hour for soft dried apples or about 2 more hours for crispy apple chips. (*Timing depends on your oven, the type of apple and thickness of the slices; check periodically and reduce or increase the total time as needed.*) Turn off the oven, crack the door and leave the apples in the oven until the oven cools completely, 1 to 2 hours. *Store airtight for up to 1 week or refrigerate for up to 1 month.*

Makes: about 4 dozen apple slices or chips. (*For nutrition info, see page 6.*)

PHOTOGRAPHY BY ERICA ALLEN (TOP); KEN BURRIS (BOTTOM)

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Make your own breadcrumbs (*pages 82, 84*): Trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse (or fine) crumbs form. To make dry breadcrumbs (coarse or fine), spread on a baking sheet and bake at 250°F until dry, 10 to 15 minutes. One slice of bread makes about ½ cup fresh breadcrumbs or ¼ cup dry breadcrumbs.

Shop for sustainable seafood: Wild-caught salmon (*pages 70, 80*) from the Pacific (Alaska and Washington) is considered the best choice for the environment because it is more sustainably fished and has a more stable population. Farmed salmon, including Atlantic, should be avoided, as it endangers the wild salmon population. For **sustainable shrimp** (*pages 44, 79*), look for shrimp that's certified by an agency like the Marine Stewardship Council. If you can't find it, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

DIY lean ground pork and/or lamb (*page 104*): It's sometimes difficult to find lean (at least 90%-lean) ground pork and/or lamb, but it's easy to make your own. Choose a lean cut, such as loin or chop, and trim excess fat. Cut into pieces and pulse in a food processor until ground (be careful not to overprocess or the meat will be mushy). Or ask a butcher to grind it for you.

Use "TVP," or textured vegetable protein (*page 104*), as a substitute for ground meat (about ¾ cup for 1 pound of meat). Made from defatted soy flour, its granular texture makes it a good vegetarian alternative to ground meat in dishes like chili and burritos. Look for it near whole grains in the natural-foods section of well-stocked supermarkets and in natural-foods stores.

We like French green lentils (*page 62*) instead of brown when we want lentils that hold their shape (instead of breaking down) when cooked. Look for them in natural-foods stores and some supermarkets.

Toast nuts before using for the best flavor. Spread whole nuts (*page 60*) on a baking sheet and bake at 350°F, stirring once and checking often, until fragrant, 7 to 9 minutes.

Peel turnips well (*page 44*) to remove all the thick skin before cooking. To peel, cut off one end to create a flat surface so you can keep it steady on the cutting board. Follow the contour of the vegetable with your knife to remove the skin. Or, if you use a vegetable peeler, peel around the root about three times to remove all the fibrous skin.

Daily Sweepstakes to win a new Ronco Juicer (*page 10*): No purchase necessary to enter or win. Subject to Official Rules and entry at *www.eatingwell.com/WinJuicer*. There will be one Daily Giveaway Sweepstakes per day. Entries for each daily sweepstakes must be received by 11:59 p.m. E.T. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per e-mail address per day. Online entry only. Void where prohibited. Sponsor: Meredith Corporation.

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Family Recipes Revisited

BY CALVIN HENNICK

There are no recipes in my family—or, at least, no "family recipes." We eat, sure, and we cook—sometimes even following instructions—but there's no rusted tin above my stove stuffed with well-loved index cards filled out in my grandmother's handwriting.

My brothers and I were raised by a single mom, and the meals she served were utilitarian, designed to slide past our picky kids' palates with minimal resistance and fill our bellies for the lowest possible price. When I think of food from my childhood, it's all brand names: Chef Boyardee, Kraft Macaroni & Cheese, Kool-Aid, Hot Pockets. During college (a time when I subsisted largely on Hamburger Helper, grilled cheese and Pabst) I was given an assignment to write about a memory involving food. I chose the time when my mother, nervous that my nibbling would make a mess in the car, made me shove an entire Cadbury Creme Egg into my 5-year-old mouth—an incident that ended with her pulling over so I could spit my prized confection out into the street to avoid suffocation.

These eating habits haunted me well into adulthood. Throughout my twenties, cashiers would cast sideways glances at my grocery carts heaped with Fruit Roll-Ups and ice cream sandwiches. I bought plenty of snacks but forgot about meals, so that most nights dinnertime was an emergency. *Oh my God, it's dark out, and I'm hungry! This happens every day. Why don't I have a plan for it?*

My wife is generally a better eater than I am, but she shares my weakness for cheap carbohydrates in shiny packages. She grew up in Haiti—where her mother had to carefully ration out rice and chicken—and when she moved to the U.S., she ate bag after bag of Cheetos, afraid that the food would go away before she'd had her fill.

It's not that we didn't appreciate good food. But we didn't always give ourselves permission to take the time to enjoy it. Two incomes mean it's nobody's job to cook, and too often dinner became just another chore to cross off our list, no more nourishing than sweeping the floor or taking out the trash.

Our outlook began to change two years ago, when our son was born. We didn't want him to grow up in a house where dinner is served from a takeout box, in front of the television. When he graduated from high chair to booster seat, we dusted off our table—which for years had been pressed against the wall—and pulled it into the center of our kitchen, determined to make more wholesome dinners and eat them together.

It's been working. Some nights, even, we get really ambitious, stuffing lobsters with scallops and butter crackers or rolling up vegan sweet potato enchiladas. But our family meals are more sustainable when we keep them simple: a no-boil lasagna loaded with mushrooms and spinach, a pot of turkey chili or some baked cod and asparagus.

Our greatest success comes in the months when the days are long and it's still light outside during dinnertime. My wife slices up fruit in the kitchen, sneaking bites to my son, while I make trips to the grill to monitor zucchini slices and a garlic-and-rosemary pork loin. Eventually, my son notices the screen door opening and closing, and he joins me outside, where he points at the grill and says, "Don't touch, fire hot!" before scampering off to chase a soccer ball. My wife brings out the dishes and the drinks, and while the food is cooking we talk about our day and kick the ball around.

Sometimes it seems like the success or failure of our little family is directly tied to how dinner goes. It's a work in progress. There are still nights when my son sits alone at the table with a sippy cup of milk and perfect portions of broccoli, grapes and whole-wheat pasta, while his mother and I debate who's going to pick up the General Tso's chicken and crab rangoons. But on nights when my wife and I wash and chop vegetables together while our son plays at our feet, those are the nights we remember to talk, to touch, to linger in each other's company.

Deciding how we'll spend our dinners together is an awesome responsibility. The meals we put in front of our son are what he'll think about years from now when somebody asks him about his home, his childhood, his family. These are the recipes he'll keep in a tin above his stove.

CALVIN HENNICK *is a writer and writing instructor in Boston. He's working on his first novel.*

CATHY GENDRON

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